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Thomas Joseph Brooks

Mary A. Stennis

Isabelle S. Thursby

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Rural Home Life in Florida

DEPARTMENT of AGRICULTURE



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RURAL HOME LIFE IN FLORIDA



QUARTERLY BULLETIN

DEPARTMENT OF AGRICULTURE
JANUARY, 1927

ISSUED BY
NATHAN MAYO
Commissioner of Agriculture

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**FLORIDA EXTENSION DIVISION, HOME DEMONSTRATION
WORKERS.**

WILMON NEWELL, Director, Gainesville.

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Miss Virginia P. Moore	Asst. State Home Dem. Agent	Tallahassee.
Miss Lucy Belle Settle	District Home Dem. Agent	Tallahassee.
Miss Mary E. Keown	District Home Dem. Agent	Tallahassee.
Miss Ruby McDavid	District Home Dem. Agent	Tallahassee.
Miss Mary A. Stennis	Home Dairy and Nutrition Agent	Tallahassee.
Miss Isabelle S. Thursby	Food and Marketing Agent	Tallahassee.
Miss Eloise McGriff	Substitute Dist. Home Dem. Agent	Tallahassee.

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Citrus	Mrs. Elizabeth W. Moore	Inverness.
Collier	Mrs. B. L. Vaden	Everglades.
Columbia	Mrs. Mary S. Shook	Lake City.
Dade	Miss Pansy Norton	Miami.
De Soto	Mrs. Nettie B. Tucker	Arcadia.
Duval	Miss Pearl Lafitte	Jacksonville.
Duval (Asst.)	Miss Louise Pickens	Jacksonville.
Escambia	Miss Josephine Nimmo	Pensacola.
Gadsden	Miss Elise Lafitte	Quincy.
Hillsborough (East)	Miss Motelle Madole	Plant City.
Hillsborough (West)	Mrs. Mary S. Allen	Tampa.
Holmes	Mrs. Bettie A. Caudle	Bonifay.
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Lake	Miss Marie Cox	Tavares.
Lee	Miss Sallie B. Lindsey	Ft. Myers.
Leon	Mrs. Ruth C. Kellum	Tallahassee.
Manatee	Miss Margaret Cobb	Bradenton.
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Nassau	Miss Pearl Jordan	Fernandina.
Okaloosa	Miss Bertha Henry	Crestview.
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Pinellas	Miss Helen Kennedy	Clearwater.
Polk	Miss Lois Godbey	Bartow.
Polk (Asst.)	Miss Mosel Preston	Bartow.
Polk (Asst.)	Miss Bernice Lyle	Bartow.
St. Johns	Miss Anna E. Heist	St. Augustine.
Santa Rosa	Miss Ethyl Holloway	Milton.
Suwannee	Miss Corinne Barker	Live Oak.
Taylor	Mrs. Anabel P. Powell	Perry.
Volusia	Miss Orpha Cole	De Land.
Walton	Miss Agnes D. Yeamans	DeFuniak Springs.
Osceola	Miss Albina Smith	Kissimmee.

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Introduction

CHE beginnings of civilization were in rural homes. The first homes made by human hands were in some form of tent. Nomadic peoples, such as the Gypsy, the Bedouin, or the North American Indian, prefer this sort of dwelling-place to this day. The Hebrews lived in tents from the time Abraham left the land of Ur until long after they finally settled in Palestine, except during their stay in Egypt. A home is a place where people live, but it does not necessarily follow that every habitation is a home. Home is more a matter of the heart than it is of a mere place of abode. Happiness is of the mind and not of economics. Satisfaction is not solely dependent upon the size of the bank account. The character of the home is the best criterion of the character of the people, but the character of the home is not to be measured by the cost of the house. The meaning of a home is determined by the members of the household. Domestic felicity is largely determined by the ingenuousness of the members of the family. This is where the Home Demonstration Agent comes in. She aids in the cleverness of the feminine members of the household, primarily, and through her personal touch with the family she also helps in molding opinions of the whole family on questions pertaining to the welfare of all, a matter which is largely affected by domestic economics.

The personal equation is the greatest force in human conduct. The most effective approach is the personal, when properly conducted. More than 4,500 workers, including agricultural agents, home demonstration agents, specialists in different lines of work and leaders in boys' and girls' club work, are employed in the United States. These agents, supplemented by specialists, supervise and conduct demonstrations on the farms and in the homes, hold meetings and give suggestions and assistance by personal visits, correspondence, telephone messages, distribution of printed matter, and in any way that promises good results.

Knowledge of all that it takes to make home life desirable and happy is necessary on the part of home-makers. Physical comforts, cultural attractions, domestic conveniences, educational advantages and recreational opportunities, all play a part in rural civilization. The study of nutrition, cooking, preserving, canning, clothes-making, art-craft and sanitation are certainly worthwhile. The introduction of numerous domestic conveniences, such as cooking utensils, washing machines, churning machines, refrigerators and running water in kitchen and bathroom, is often the result of the suggestions and insistence of the Home Demonstration Agent. These things came first to the city dweller. Before they had been introduced to any considerable extent among the farmers, there had begun a trek from the country to the cities. The introduction of improved farm

machinery kept the volume of production up to the standard despite the exodus from the farms. Efficiency makes for profits, and especially is this apparent when the general level of prices is below the profit line.

There needs to be a training in the art of home-making, just as in other arts. The properly equipped Home Demonstration Agent is especially adapted to this work. It is a character of teaching by exemplification that appeals to the young. One of the leading services rendered by the demonstration agent, whether man or woman, is the kindling of inspiration in thousands of youths to do the unusual. It is the ambition to go beyond the commonplace, to be exceptional, that marks the beginning of a career. The finest fields are those of the household. The greatest crop produced on the farm is Young America. The prizes won by children in contests are gratifying to the winner, but even more so to the parent. The winner enthuses; the parent exults.

Civilization can march forward only on the feet of bright, healthy children who are interested in things worthwhile.

Woman was the first builder of the home. She had to do those things which automatically initiate the home life. Her duties with children inevitably led to this—the maintenance of a habitation and place of abode, from which evolved the home.

Woman was the first farmer. The life of the savage was such that she did the tilling of the soil near the cave, wigwam or hut, while the man roamed in search of game.

Woman was the first school-teacher. The child was with the mother and learned its first lessons from her. It learned her language, was taught the use of the bow and arrow, how to do the small chores, and to help lay in the supply of small berries and other food fruits.

Woman was the first physician. The ills of the children made her think of doing things for the sick. Her diagnoses and ministrations may have been far from orthodox, but such treatment as the sick received, she administered.

Woman was the first artist. Having her preference as to the ones she was to attract, she was induced to make herself attractive. This includes personal appearance and personal qualities.

Woman was the first evangel of religion. Her ties of offspring being the stronger, she was the more grieved at the loss of a child. She longed to see it again, to live with it again. The wish was mother of the hope, and from this desire to fathom the riddle of existence sprang religion.

Men and women are the chief products of the world. The enrichment of mind is of far more importance than the enrichment of the soil. The latter is of importance only as it contributes to the former. Stimulation of thought, of purpose, of effort, is of far greater value than stimulation of plants. Little can be expected of the unambitious youth. There must be something of the heroic involved in the life of growing boys and girls to enlist their enthusiasm. Where there is no exemplary hero there will develop

the evil hero. The romance of heroes has a special appeal to the young. We need to attach heroism to more walks of life than in the past. Few historians have been philosophers. They have dwelt on the heroism of the soldier, and have said too little about the heroism of those who devote their lives to preventing wars. We need to put forward the heroism of construction, rather than the heroism of destruction. We need to extol the heroism of accomplishment that is not stained with human blood. The nursery, the kindergarten, the school and the forum should each present the glories of enlightenment, rather than the glory that rests in the clouds of smoke that hover above battlefields.

The home is the unit of social life. No more important theme can engross the minds of statesmen and philosophers, of sages and poets, than the welfare and sanctity of the home. We are born at home, we live at home, and we prefer to die at home, therefore the comfort and economy of home are of more heartfelt and personal interest than the extraneous affairs of all the nations of the world. The administration of government is important because it affects the economy and the daily life of the home.

Says Robert Burns:

"To make a happy fireside clime
For children and wife,
Is the true pathos and sublime
Of human life."

Destroy all the industries, professions, arts and sciences, but leave the home intact, and civilization would rise again as if by magic. Leave all industries, professions, arts and sciences intact, but destroy the home, and civilization would perish from the earth. They who build the home serve mankind.

In the language of the poet Edwin Markham, in the June 10th issue of *The Congregationalist*,

"We are all blind until we see
That in the human plan
Nothing is worth the making if
It does not make the man.
Why build these cities glorious,
If man unbuilded goes?
In vain we build the work unless
The builder also grows."

T. J. BROOKS,
Director, Bureau of Immigration.

Tallahassee, Florida.
December 20, 1926.



FLAVIA GLEASON
State Home Demonstration Agent

HOME DEMONSTRATION WORK A CONTRIBUTING FACTOR IN FLORIDA'S DEVELOPMENT

By FLAVIA GLEASON

State Home Demonstration Agent.

Florida with its beautiful hills, streams, lakes, trees, flowers, numerous plants and birds, enticing climatic conditions, agricultural possibilities, excellent fishing and hunting along with numerous other attractions affords interesting natural surroundings for rural home life. Realizing, however, that natural conditions are only a part of the necessities for the development and progress of humanity, this great state is building good roads, better schools, developing its agriculture, and improving living conditions through various organizations. Since it is realized that the great force that readjusts the world originates in the home and that home conditions ultimately mold peoples' lives, Florida has an organization devoting its entire time to the upbuilding of rural home life. This bulletin will deal largely with the work done by that organization, the home demonstration division of the Extension Work in Agriculture and Home Economics.

Home demonstration work is conducted cooperatively between Florida State College for Women, College of Agriculture, University of Florida and United States Department of Agriculture. Its object, as has been well stated many times, is the fullest and finest development of women and girls through the use of all the many resources of the farm home and farm community. Its chief means of realizing these aims is the initiative aroused by the demonstration which the individual makes as an object lesson for her family and community.

Mrs. Fletcher Burnett, President of the Twentieth Century Woman's Club, Gainesville, Florida, in extending a welcome to home demonstration agents assembled in Gainesville a short time ago, said: "I interpret your classification of 'Home Demonstration Agent' as an agent demonstrating to, teaching in, and helping uplift and upbuild the homes of our rural population, and if there is a nobler work than this then it has never been brought to my attention."

The home demonstration division has 35 county home demonstration agents, a state home demonstration agent, assistant state home demonstration agent, who is also leader of the home improvement project; three district agents, one foods and marketing specialist, a dairy and nutrition specialist and a poultryman who works with both county and home demonstration agents. Dr. Wilmon Newell is Director of all Florida Extension Work in Agriculture and Home Economics and Mr. A. P. Spencer is vice-director.

The work is being conducted in an organized and effective way in the counties that are financially supporting one or more county home demonstration agents. They are as follows: Alachua, Citrus, Collier, Columbia, Dade, De Soto, Duval, Escambia, Gadsden, Hillsborough, Holmes, Jackson, Lake, Lee, Leon, Manatee, Marion, Nassau, Okaloosa, Orange, Osceola, Palm



Home Demonstration Agents assembled in Gainesville for agents' annual meeting.

Beach, Pasco, Pinellas, Polk, St. Johns, Santa Rosa, Suwannee, Taylor, Volusia, Walton.

In these counties programs of work show that 5,605 women and 7,754 girls in 893 communities are carrying definitely outlined programs of home demonstration work.

Dr. Seaman A. Knapp, the father of demonstration work, said that the best advancement of people is along the lines of profit, comfort, culture, influence and power. It is along these lines that Florida's home demonstration work is progressing.

EARLY HISTORY

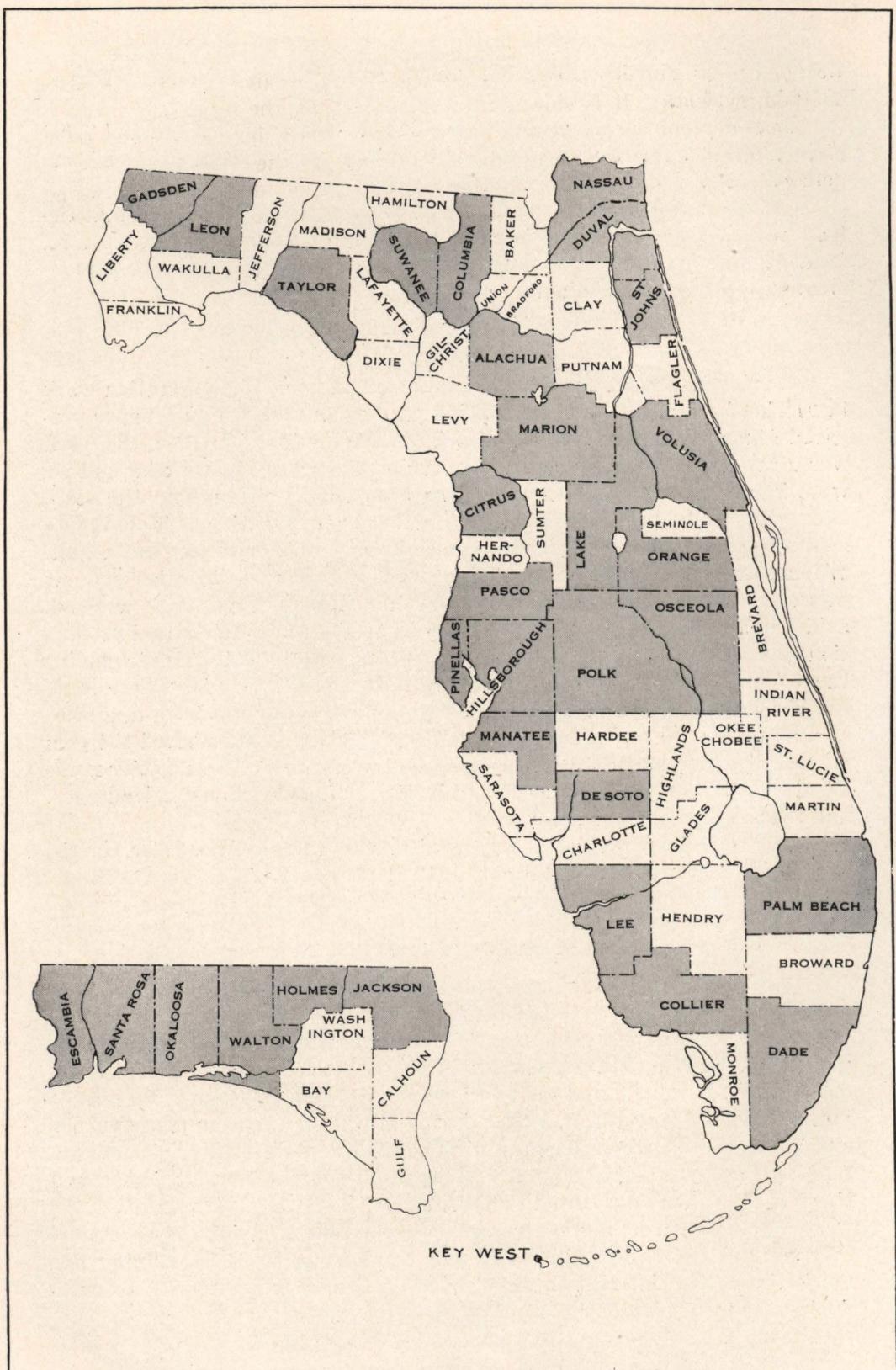
A brief history of the first several years of home demonstration work in Florida is set forth in the following paragraph taken from a paper prepared four or five years ago by Miss Harriette Layton: "In 1912, the work was started as a canning club work, our emblem was the tin can, and we were known as canners. Canning was then taught throughout the state and, incidentally, better varieties of food, better preparation of it, and more sanitary conditions and greater conveniences in homes was the result. When war was declared, although we were beginning to broaden out our program of work and had cherished plans and aims in mind, these were set aside for the two big problems open to us at this time—increased production and conservation. All our endeavors were concentrated to accomplish these things. After war was over, we heard on every side, 'There is no further need for home demonstration work; everybody has been taught to can, and the need for conservation is over.' But we remembered the goal we had in mind—plans for developing poultry and dairy work, better nourished children, sewing, home beautification and recreational advantages, and these we began to set forth."

This splendid work was under the direction of Miss Agnes Ellen Harris, State Home Demonstration Agent 1912-1919, and Miss Sarah Partridge, State Home Demonstration Agent 1919-1923.

PROJECT ACTIVITIES

Perhaps the way that home demonstration agents are helping the individuals and communities today can best be illustrated by mentioning some of the things that these fine, unselfish, untiring women are doing. Poultry work is one of the most popular productive projects and furnishes a splendid avenue for women and girls to increase the family income. Increasing interest is shown by the fact that during 1925 four times as many women and almost three times as many girls carried definite poultry demonstrations through the year as in 1924. The profits on these result demonstrations in 19 counties amounted to \$157,822.

Vegetable gardening is stressed in order that a variety of vegetables may be had for the family table and the surplus used in canning and marketing. The interest in this phase of the work was twice as great during the past year as the previous one.



Shaded Counties Indicate Those in Which There Are Home Demonstration Agents.

The home dairy work has somewhat the same aims and purposes as the poultry work. It is slower in developing than the others. However, the home demonstration agents are working toward increased production largely through club members who keep records of the feed and other cost of the cow in comparison with the number of pounds of milk produced which is resulting in better feeding and the purchase of better cows. Sanitary production and care of milk is stressed. Women and girls are also learning how to make standard packs of butter and cheese.

Through foods and nutrition work women and girls have learned how to use fruits and green vegetables in the diet, the value of more milk and other dairy products and the importance of poultry and poultry products as well as of unrefined cereals in the proper planning of meals for the family. Not only have better meals been prepared and better food practices adopted in the homes, but improper school lunches are being replaced with food that helps instead of hinders normal development. Teachers have reported gratifying changes in children as the result of hot school lunches.

Surplus products are being standardized and marketed, making it possible for a larger number of farm boys and girls to continue their education, many houses to be remodeled, and innumerable home conveniences to be added, including water, heating and lighting systems.

Women and girls are all enthusiastic over making and working over house furnishings. They are learning to plan household work in a systematic way, rearrange equipment for convenience, to use improved laundry practices and some are making budgets and keeping accounts. Home improvement and foods work lead to improved conditions in home health and sanitation.

Planning and planting of home grounds finds a place on almost all home demonstration programs. This work demands more attention because of the interest that clubs and state organizations are taking in landscape gardening, community and highway beautification.

Clothing work consisting of improved methods in selection, construction, remodeling and renovating, and millinery is a part of the home demonstration program in each county which appeals to every woman and girl as she feels a direct need for it.

During the past year 1,453 women and girls learned the value of converting such Florida materials as pine needles, wire grass, honeysuckle and palmetto into attractive baskets, vases, trays and other articles.

Among the outstanding demonstrations showing the value of each organized woman's home demonstration club including in the year's program something of mutual interest to the community, one can see church buildings, churchyards, school grounds and driveways improved, parks created or improved, new community pride created through socials and picnics, hot school lunches established and community club houses built.

Details and specific results of most of the project activities that have been mentioned will be given elsewhere in this bulletin by the various project leaders. However, some idea of the general interest in them may



(1) Making wall vases and baskets of pine needles and wire grass at the State Short Course. (2) Home Demonstration Agents learning new points in millinery during agents' meeting.

be obtained from the following summary showing the number of homes reporting improved practices during the past year and the number of communities and counties from which the reports came:

PROJECTS.	Number of homes reporting improved practices.	Counties Reporting.	Communities Participating.
Home Garden	2,983	27	242
Home Poultry	2,480	22	349
Home Dairy	404	5	68
Beautification Home Grounds.....	1,880	21	242
Rural Engineering—Home	260	10	66
Home Marketing	408	11	77
Foods	5,369	23	391
Nutrition	4,652	18	407
Clothing	6,101	30	440
Home Management	1,094	24	129
House Furnishings	3,040	23	369
Home Health and Sanitation.....	3,111	16	368
Miscellaneous	3,912	29	219

STATE MEETINGS

Agents' Annual Meeting: In order that a knowledge of subject matter may be thorough, instruction uniform, and methods of instructing leaders approved, all county and state home demonstration agents come together in joint conference annually, most of which time is given to discussion of administrative matters dealing with methods, results and plans for future work. A portion of each annual meeting is spent in joint conferences with county agricultural agents, discussing phases of the work which both men and women develop jointly. Subject matter instruction is given in some phases of the work during these meetings.

State Short Course for Club Girls: Club girls who do the most outstanding club work in the various counties are rewarded with trips to Tallahassee where they attend a week's course of instruction arranged for them in the Florida State College for Women. This is the outstanding event in the club year and proves to be an invaluable stimulus in securing the best type of work. Short course scholarships are provided by club members themselves, county commissioners, school boards, rotary clubs, women's clubs, banks, merchants and individuals interested in the work. During the short course the girls receive instruction in gardening, poultry raising, nutrition, home improvement, clothing, food preparation and preservation and leadership development. Some of the high points in short course programs have been the formation and meetings of the state junior home demonstration council, demonstrations given by county teams of two girls each, contests in bread-making, canning, health and selection of the girl with the most perfect foot, playing of games and singing of songs which could be taken back to the various communities, the reception by Governor and Mrs. Martin, picnic at Goodwood, with Senator and Mrs. W. C. Hodges entertaining, and visits to the Capitol. Some idea as to inspiration and knowledge obtained during the short course may be had from the following extract from a club girl's letter regarding the short course. After describing the short course in full, including its many activities, Josephine Boyd-



(1) Learning the true appreciation of a hat. (2) Eagle Lake Home Demonstration Club, Eagle Lake, Fla., sewing and keeping records of expenditure and savings. (3) Three club girls of Clermont Club showing dresses made in second year sewing. (4) Mrs. Haynes, a dressmaker and Home Demonstration woman in Citrus County, upon learning how to make baskets out of native materials, found that she could make more money by making and selling baskets than by sewing. Baskets in this photograph are made of honeysuckle, wire grass, pine needles, and reed.

ston of Palm Beach County closed her letter as follows: "This wonderful short course from which we derived so much fun and education has meant much to all the girls from each section of the state who have had an opportunity to meet and know each other personally and learn varied lines of work. It gives us enthusiasm and ideas to take home to our clubs and communities. It makes us ambitious to be prize-winners, good club members, and come back next year bringing new girls with us and to look forward to the time when we will be in school at the College."

Farmers' and Fruit Growers' Week: Women seem as eager and enthusiastic over their annual meeting during Farmers' and Fruit Growers' Week, University of Florida, as do the girls over attending the course mentioned above. For this occasion programs are arranged to cover various phases of home work and the women choose the courses in which they are most interested. University professors, speakers from other states and the United States Department of Agriculture with friends of the work in the state give valuable assistance in the development of the programs. The state home demonstration council, consisting of two representatives from the various organized counties, meets during the week, when reports of work in the counties are given and plans for future development of the work are discussed and agreed upon.

OUTSTANDING RESULTS

A summary of the ways in which home demonstration work is helping in the upbuilding of rural home life is briefly stated in the following paragraph taken from United States Department of Agriculture Bulletin, "Cooperative Extension Work With 10-year Review":

"Home demonstration work in the 10-year period can be justly credited with the wide adoption in American farm homes of improved practices in feeding and clothing the farm family, household management, maintenance of family health, and the improvement and beautification of the home and its surroundings. Farm women whom this extension influence has reached have been enabled to set up and maintain a higher standard of living for their families. They have acquired greater pride in their homes and their household duties. They have increased their personal incomes through the intelligent standardization and marketing of surplus home products. They have learned to use the funds which they have for family expenditures more wisely and in terms of a more comfortable and attractive home life. They and their children are more simply and attractively dressed. Their family diet is more wisely and economically selected. Home conveniences, such as improved water supply, improved sanitation, better means of heating and lighting the house, have aided many farm women in doing away with much of the drudgery and monotony of farm life and have given them more time for recreation and for companionship with their children and neighbors.

"Participation in extension activities has helped the farm woman to find a more active and important part in community life and improvement. Through extension influences she has learned to study and solve with other women of her locality the problems of the community of especial interest to them. Through constructive local leadership development among the



County delegations travel via bus, train and automobile to the Florida State College for Women to attend the State Short Course.



Poultry Specialist and Home Demonstration Agents showing club girls in attendance at the State Short Course how to select hens for egg production.



1



2



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4

(1) Club girls attending the State Short Course receiving a cordial greeting at the home of Senator Hedges. Those in the receiving line and in order in which they are standing are: Senator W. C. Hedges, Mrs. W. C. Hedges, Governor John W. Martin, Mrs. John W. Martin, Mrs. J. J. Hodges, Mr. P. K. Yonge, Mr. Fred H. Davis, Mrs. Fred H. Davis, Dr. Edward Conradi, Mrs. L. P. Wilson, Mrs. Wilmon Newell, Dr. Wilmon Newell, Mr. J. G. Kellum. (2) Governor and Mrs. John W. Martin with a group of club girls who were first to greet them during picnic given at Goodwood for club girls in attendance at the 1926 State Short Course, Florida State College for Women. (3) Club girls in attendance at the State Short Course enjoying Senator Hedges' swimming pool. (4) Short Course Club girls learn the right type of shoe that each should wear and why.

farm women, through their learning to plan and act together in local affairs, through the influence it has exerted in making the life of the farm and of the country community attractive and desirable, home demonstration work beyond question has made a substantial contribution to American national life."

Through home demonstration work rural girls are learning the best practices in farm home work, developing a better appreciation of country life and a broader vision of the possibilities of rural life. In their club work they are becoming leaders in doing something on the farm or in the home or community that is worthwhile, and through it they are brought in contact with live problems and with inspiring men and women who are encouraging and helping them find a way to finish school, go to college, or otherwise better fit themselves for life's work.

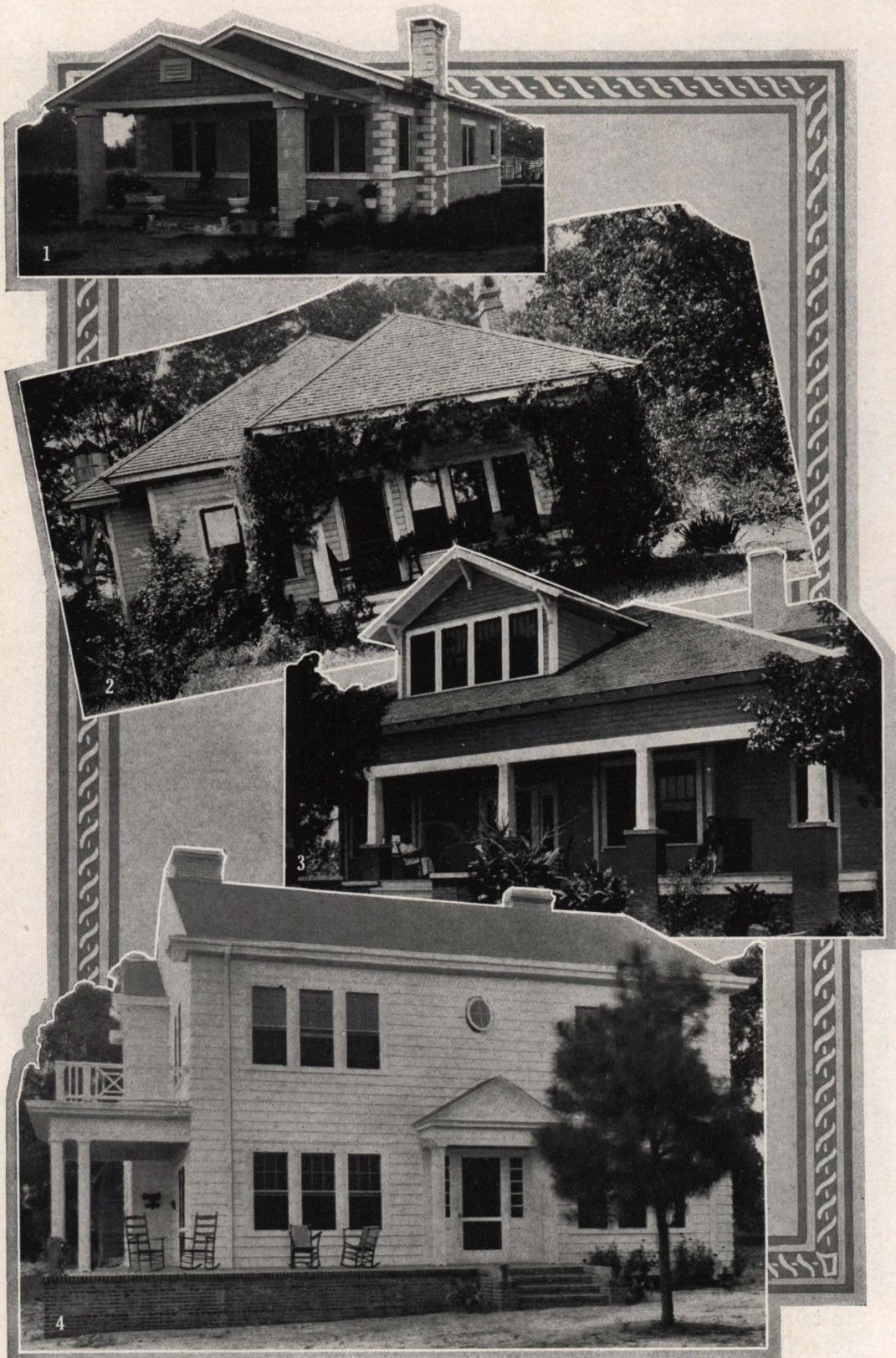
Mrs. C. L. DeVane, Springhead Senior Club, says of home demonstration work in Hillsborough County: "If a person could have visited all the rural homes in East Hillsborough county five years ago and this year revisited the same homes, they would not be able to believe it possible that so much improvement could be made in so short a time. The first question that would come to mind would be what the influence could be that had brought about the change. In the minds of those who know, the Home Demonstration Club Work has been the strongest influence in bringing about this progressiveness.

"The grounds of the rural homes are well kept, the interiors are usually simple but harmonious, the clothes are in good taste and well made, and the meals are nutritious and attractively served. All this has been brought about through the untiring work of 'our agent.'

"The home demonstration club was the first club to be organized in the rural sections of this county. At first the women knew nothing of parliamentary rules and the meetings were little more than social gatherings, but since the women have learned rules of procedure, the business meetings are conducted in as efficient a manner as are the women's clubs in town. The rural women have gained knowledge and experience and with them have come poise which is necessary to women of refinement and culture.

"The club members have been anxious to pass to neighbors and tenants the good things they have learned, especially the things that make life easier and more pleasant for the women and children. The desire to help the children has led them to the schools and the result has been the organizing of Parent-Teachers' Associations which have brought to the rural schools such benefits as exhibits of best pictures, circulating libraries, and most important, the lunch room.

"Much equipment has been placed in the schools and interest in music, art, and literature is being stimulated. Bands are being organized, scout troops organized, and a spirit of progressiveness noticed in every phase of life. No longer are country people conspicuous as hay-seeds; they are able to take their place among their city friends because they have been made to realize the dignity and importance of their work. There is no more wholesome influence in a community than the Home Demonstration Club gives."



(1) Mr. and Mrs. M. S. Pickett's home, Route 5, Jacksonville, Florida. This home was built last year. From a financial standpoint Mr. Pickett is one of the successful farmers in the County. Mrs. Pickett is a member of the Home Demonstration Club. (2) Mrs. Jacob Johnston's home in Suwannee County, Live Oak, R. F. D. A. "Twin Oaks Farm," where this home is located, has 25 acres of pecans, peaches, Japanese persimmons, blight-proof pears, plums and grapes. Its poultry farm of 800 White Leghorn chickens yielded a profit from January to September, 1926, of \$1,295.00. Three good milk cows supply the family with plenty of milk and surplus which is marketed. (3) Hillcrest Farm Home near Laurel Hill, Okaloosa County, is equipped with water-works and electric lights. (4) In Leon County, eighteen miles from Tallahassee, is this beautiful, convenient, modern and well-equipped rural home of Mr. and Mrs. Saunders.



1



2



3

(1) A group of former Home Demonstration Club girls who are now students at the Florida State College for Women and active members of The College 4-H Club. (2) Representatives from senior clubs from various sections of Columbia County making plans for Farmers' and Fruit Growers' Week. (3) Home Demonstration Club girls of Columbia County entertain at a luncheon some of the friends of club work.

Mrs. Minnie H. Robinson gives the following statement in regard to home demonstration work in Citrus County: "A glass of milk is an innocent looking thing, but it served to start something in Citrus County, when Mrs. E. W. Moore, our Home Demonstration Agent, arrived a little over two years ago. Of course, some showed signs of having been well-fed, but there was an appalling number of school children who were underweight, and after surveying the entire county, Mrs. Moore decided that to push a nutrition program in all the schools was about the best way to begin her work among us, and while doing this she would at the same time get such projects in home demonstration work as dairying, poultry, gardening and food conservation under way.

"The results have been gratifying, but many are just coming to recognize the tremendous scope of her plan, therefore, future reports from Citrus County along all lines of home demonstration work will rival any in the state. In this short time 465 children are drinking milk as a result of her nutrition work. Eighty-eight persons have secured better cows and all are using the best feed they can buy or produce. Eighty-six of the above number are purebred cows. From two small commercial dairies, each less than a year old, which Mrs. Moore has been instrumental in establishing in this county, 14,566 gallons of milk have been sold at 80 cents per gallon, which amounts to \$11,652.80, and this surplus has all been consumed by local townspeople who can no longer keep cows. The aim is that every person in the county shall have his share of milk. Another small but modern dairy is being established in the center of the county.

"Poultry is beginning to come into its own, 75 senior club members being in the game for home use and some for profit. Citrus County is an ideal location in point of air and water drainage. One rarely sees a sick chicken, and with something over 7,000 purebred fowls for a starter, we should begin to make a better showing along this line in another year.

"Although it is entirely possible to raise three crops a year in Citrus County, it is not always possible to keep the same things growing, so we have contrived through the medium of the pressure cooker, Burpee sealer, hot-water canning and other up-to-date conservation methods to lay by in store many vegetables, fruits and meats for use when their season is past. Below are some figures covering a period of about six months; this does not by any means cover all the conservation work done by the agent and individuals in the county, but will serve to give an idea how this work mounts up when given any attention at all:

Persons doing food conservation.....	82
Number result demonstrations.....	82
Number persons improving in canning.....	500
Fruits and vegetables canned.....	11,056 quarts
Meats and fish canned.....	2,220 "
Jelly and preserves.....	650 "
Juices.....	456 "
Pickles.....	436 "
Fruits and vegetables dried.....	150 pounds
Meat cured.....	1,200,000 "
Lard.....	2,000 "
Honey.....	100 gallons



(1) A group of County Home Demonstration Agents representing several states, and including Misses Lois Godbey and Mosel Preston of Polk County, Florida, studying in Denmark with Miss Ulla Christensen. (2) Mrs. M. A. Love, Quincy, Florida, Chairman of Home Demonstration Work, Florida Federation of Women's Clubs. (3) The nurse in Taylor County recommended the use of certain vegetables and fruits in the diet. The Home Demonstration Agent showed the women how they might have them. The women, canned the products.



R. W. Dunlap, Assistant Secretary of Agriculture, and other representatives from the U. S. Department of Agriculture, Washington, D. C., confer with County Home Demonstration Agents before their departure for study in France, May, 1926.

Home improvement has not been overlooked; although we did not enter the state contest, we have done considerable work which the following figures will demonstrate:

Kitchens rearranged	14
Individual budgeting	12
Number labor-saving devices	290
Fireless cookers	10
Kitchen sinks	111
Power vacuum cleaners	5
Kitchen cabinets	30
Electric or gas irons	58
Food choppers	22
Dilvers	7
Pressure cookers	15
Burpee sealers	12
Steam cookers	8
Electric refrigerators	8
Washing machines and wringers	4
Sanitation:	
Number installing sanitary toilets	84
Number homes screened	175
Number homes using other control methods for flies, mosquitoes and other insects	75

COOPERATION WITH OTHER ORGANIZATIONS

The home demonstration organization could not carry its great up-building program forward were it not for the valuable assistance that it receives from other agencies in the state. County and city officials, chambers of commerce, business men's organizations, fair associations, health and education departments, the press, women's clubs, county and state federation of women's clubs, business and professional women's clubs, along with other organizations and innumerable individuals, have been instrumental in developing the work by encouraging the workers through moral and financial support.

COOPERATION WITH FOREIGN COUNTRIES

In 1921 Madame De Vouge, Paris, France, spent several days in Florida studying home demonstration methods with a view of better developing home demonstration work in France.

In 1925 Miss Ulla Christensen, Copenhagen, Denmark, spent three weeks in the State of Florida studying individual demonstrations and the organizations and conduct of home demonstration club work with women and girls. Because of her particular interest in food conservation she was given special demonstrations and practical work in the conservation of fish and citrus products. She was especially impressed with the interest shown in home demonstration work by the people as a whole throughout the State of Florida.

In 1925 Misses Lois Godbey and Mosel Preston, home demonstration agents in Polk County, and in 1926 Miss Orpha Cole, home demonstration agent in Volusia County, went to Europe with groups of other home demonstration agents from the southern states and took special courses pertaining to home industries. Arrangements for these courses were made by Mrs. Ola Powell Malcolm and universities in England, France and Denmark. Mrs. Malcolm is a member of the U. S. Cooperative Extension Service Staff, U. S. Department of Agriculture, and supervises home demonstration work in the southern states.



VIRGINIA P. MOORE
Assistant State Home Demonstration Agent

RURAL HOME IMPROVEMENT

By **VIRGINIA P. MOORE**
Assistant State Home Demonstration Agent.

The tourist usually "passes through" North Florida, little realizing that some of the richest agricultural land of the state is in this section. This region has a natural beauty, but little has been done for beautification by man in recent years.

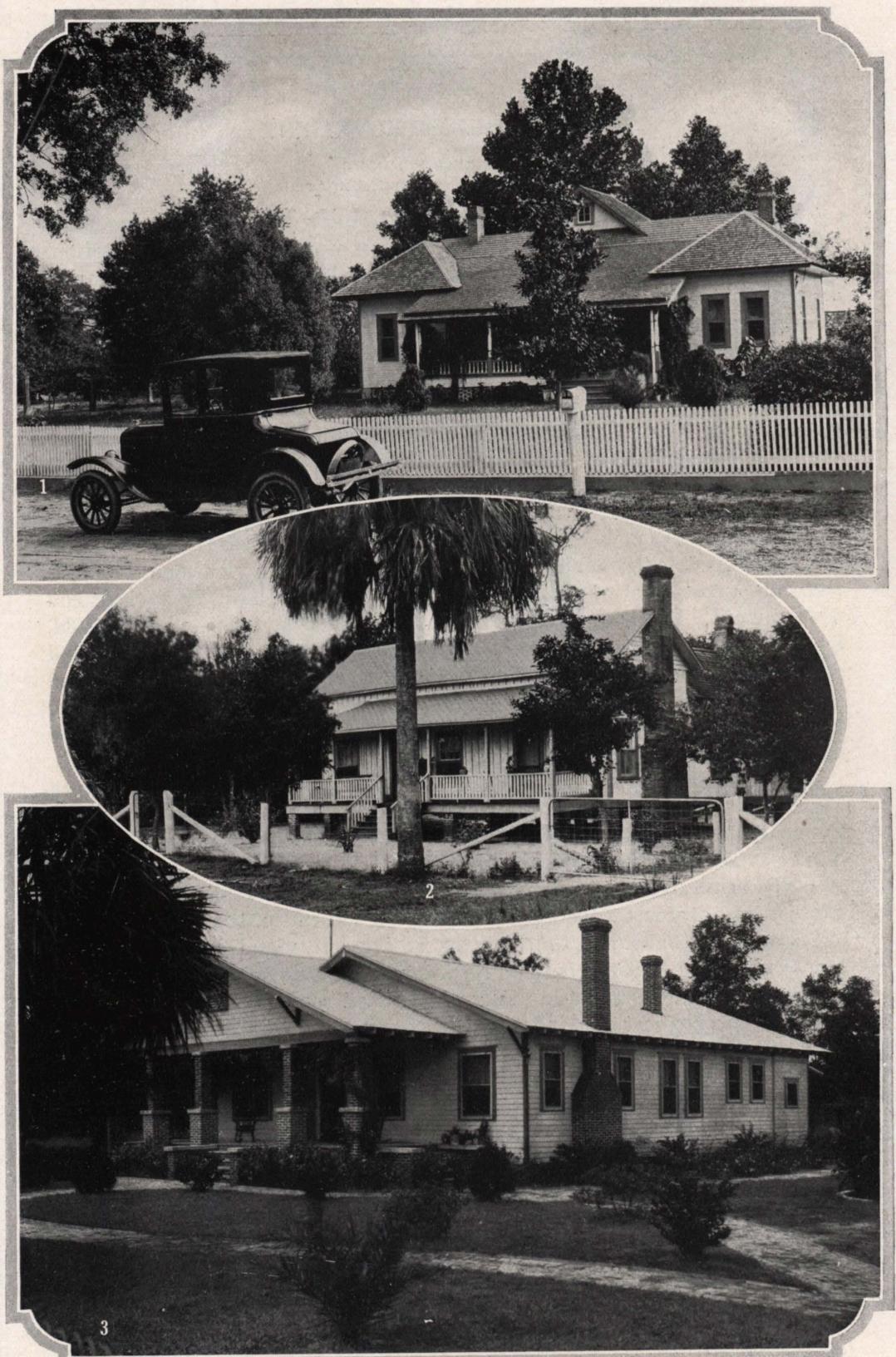
Before the war of sixty years ago this was a wonderfully developed agricultural section, rich in its rural life with its stately mansions, and beautiful grounds and well-tilled plantations. Slaves were plentiful, the land yielded bountifully and the country homes were of the ideal Southern type. North Florida suffered with the whole South in the Civil War and the Reconstruction. One must briefly survey this period in order to understand why this section has stood still for so long while the other sections of the state have made such rapid advances.

With the man power killed off in the war and the slaves freed, the proud and poverty-stricken landowners sold off their land to rich men who still maintain great hunting preserves and give little thought to agricultural development. However, many of these large tracts of land have been sold, have had the timber sold off, the land has been cleared, and the small farmers, the "native born," are gradually getting a new foothold and making the "best better" with their little farms. One wealthy woman from the North, who owns a large tract of land, made a practical demonstration of what can be done in dairying and agriculture in Leon County.

The native people of this section belong to that same fine, sturdy stock that came down from Virginia, North and South Carolina, Georgia and Tennessee and settled for life on the hills and in the valleys or in the hamlets or small cities of this beautiful North Florida.

The rapid division of the large fertile estates into small farms where grasses and grains are being grown to feed the cattle, the dairy cow, the sheep and the chickens, the building of attractive and convenient rural homes that are beautified both on the interior and exterior, the improvement of the rural schools and the building of paved roads are creating a "new Florida" in this section. The person who wrote that Florida is one foot high, certainly did not know either this section or central Florida or certain sections of the West Coast with its beautiful hills and fertile valleys. The big stock-raiser and manufacturer is just now seeing the possibility in this "oldest" yet "newest" section of Florida. It is in this particular section that the Home Improvement Project of work has been stressed to a greater extent than in other sections of the state.

A state-wide campaign has been on in the state for over two years. In this campaign it has not been the plan to take all the time of the home demonstration agents in putting on a "high pressure" campaign but instead to teach definite lessons in certain sections of their respective counties where



(1) The painted house and fence has its influence in the community of Suwannee County. (2) Commissioner Winn, one of the first to improve his home by cleaning up and then painting. The trees are citrus, oranges, grapefruit, etc. The interior was changed for convenience and made a very attractive living place. The Winn home is several miles from Crystal River. Mr. Winn is a staunch supporter of Home Demonstration work now, but has not always been. He has purebred chickens along with the home project work. (3) Grapes, pecans, persimmons and vegetables, as well as poultry, are helping to improve this rural home of Mr. and Mrs. Petree in Nassau County.



(1) Homemade rugs are making homes more beautiful. This shows women and girls working in Gadsden County. Home Demonstration Agent, Miss Elise LaFitte, teaching rug-making at Woman's Club building, Quincy, Florida. (2) Rug-making in Holmes County. New Hope girls. Ten are improving their rooms. All doing garden work. The hooked rugs were made by the girls. (3) Short Course girls learning how to do "little things" to beautify the home (1925). Learning how to make inexpensive home furnishings.

the demonstrator learns by doing, and the people of the community are stimulated to do likewise, and accomplish even greater things. One house painted, water, lights, and conveniences in it has caused many people to think and act, and accomplish. Homes with new fences, outbuildings, well painted, and plans for beautification are spreading. Rearranged, clean, convenient and attractive kitchens, bedrooms or dining rooms get the attention of the girls and women, who put these ideas into practice; the boys and men do, too, for that matter.

The wise Home Demonstration Agent is developing this concrete interest, and other phases of work, such as gardening, poultry-raising, is being coordinated with the Home Improvement Project, for the demonstrators see there is a way to make "more money" to make more improvement.

INAUGURATION OF THE HOME IMPROVEMENT CAMPAIGN

At the State Short Course for Home Demonstration Prize Winning Club Girls at the Florida State College for Women in June, 1924, a state-wide home improvement campaign was inaugurated, with these 184 club girls as leaders from their communities from all sections of the state. In order to stimulate the interest of these girls in improved homes, they had for one of their lessons while at the short course, the actual doing over of a cottage home, which was loaned by a mother and her daughter. This home was typical of hundreds of homes in the state, "unsightly" and "unhomey." A tour of all the five rooms was made by each club girl upon her arrival at the short course, and when they were told that the cleaning, painting and papering, redoing furniture, rearranging this unattractive home, would be their "Home Improvement Course," there were many to say the task was impossible in ten days.

A Home Demonstration Agent was made chairman of each room, a well-thought-out plan of work to be accomplished each hour each day by each group of girls was placed in the hands of each chairman. Everything went according to schedule and the entire project was completed one hour and thirty-five minutes before the appointed time for the reception, when all the girls, the faculty and interested friends passed through the house to see the finished results after improvement. Some of the painting, such as floors, had to be done at night by hired help, also the papering, but girls did over the furniture, woodwork and had instruction in hanging wall paper.

The drapery committee made the curtains and shades of unbleached domestic and old sheets dyed. The accessories committee made attractive things for the dresser, mantel, writing desk, lamp shades and sofa pillows and passe partout the beautiful pictures which were cut from magazines.

The group leaders assisted in hanging the pictures suited to each room, and arranged flowers to give a particular accent of color.

The finished home with its cleanliness and beautiful, inexpensive and artistic furnishings was a revelation to thousands, for every girl took the message home, and small demonstrations in a girl's bedroom, or a mother's

kitchen or living room were put on, patterned after the one at the State Short Course with its committees, and detailed plans for work to be accomplished. The girls who were doing this became local leaders without knowing it.

ONE GIRL LEADS THE FAMILY

Lanie Padgett only heard about what the girls at the Short Course did and it created in her a desire to improve her old "ramshackled" home. She spent the \$200 she had saved since she had been in club work for four years. Her mother and big boys listened, followed, helped her with her plans. Her father rigged up the old sawmill and cut out more lumber and had it planed to weatherboard the outside of the house which did not match the inside, after Lanie, the boys and her mother ceiled, refloored the rooms, cut more and larger windows and converted a waste space in the roof into two nice bedrooms.

The father and boys piped the water into the house, and later into the bathroom after Lanie won the complete bathroom outfit as a prize. No one is happier than this mother and father who always hoped for better things but it seemed so far off, "some day when they laid up some money," but Lanie and her county agent, Miss Josephine Nimmo, led the way that was within reach of them now, and they have yet a program of work on exterior as well as interior beautification, that may be carried over a long period of time.

There are many more concrete demonstrations in all sections of the state of what can be done at small expense to make the rural home more convenient and attractive, both on the interior and exterior.

REPORT OF 1925 INTERIOR:

There were 2,606 individuals adopting improved practices in the interior of the home.

In bedrooms, 2,515 improved.

In living rooms, 381 improved.

In dining rooms, 407 improved.

Women and girls in 3,043 homes improved their house furnishings.

EXTERIOR, 1925:

Women and girls in 3,111 homes adopted improved practices in sanitation work.

89 sanitary toilets installed.

212 houses screened.

335 that made flytraps for yards.

CONVENIENCES ADDED IN 1925:

38 water systems installed.

37 lighting systems installed.

44 washing machines added to the home.

177 fireless cookers added to the home.

121 steam pressure cookers added to the home.

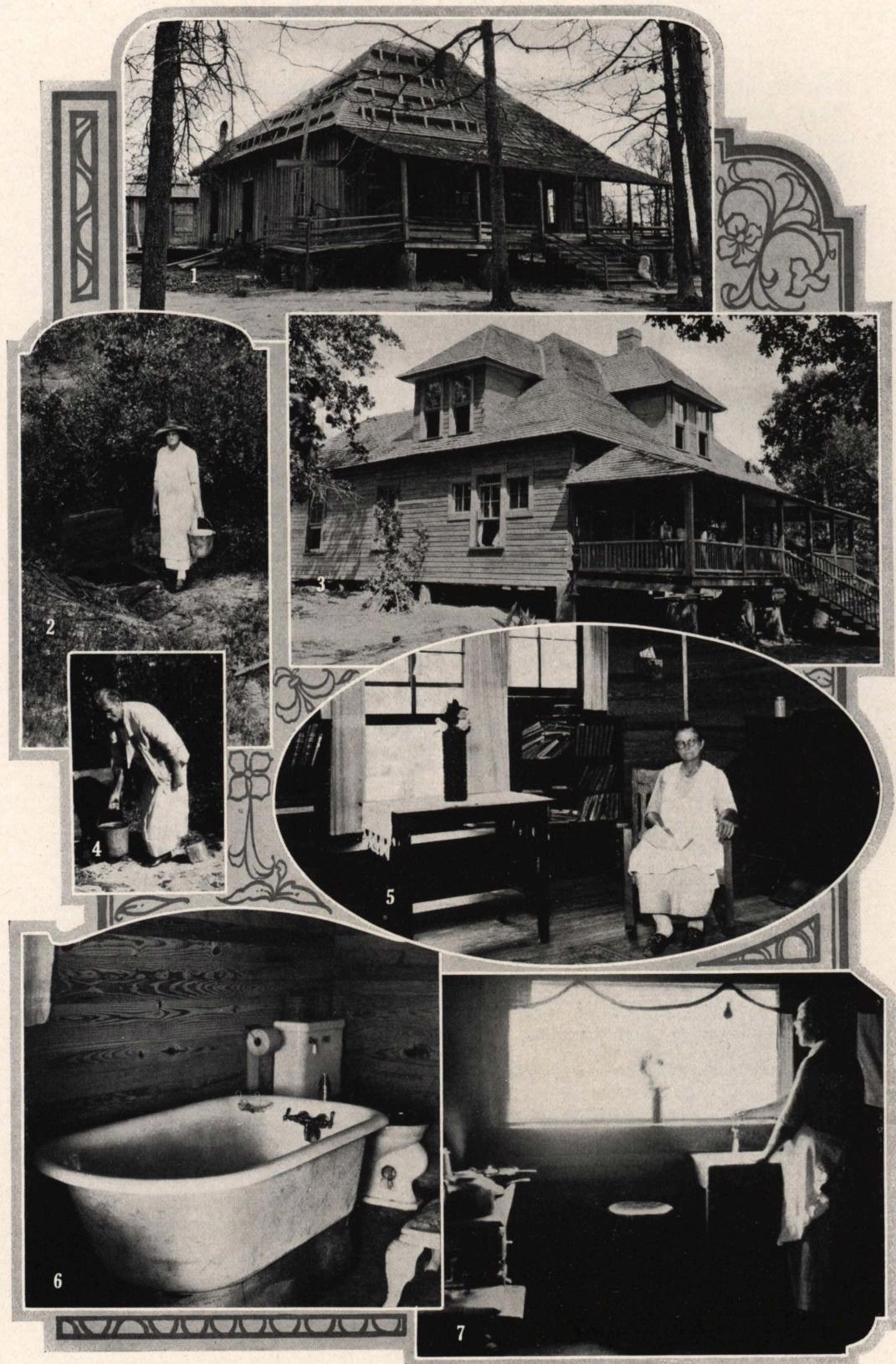
43 dilvers added to the home.

27 can sealers added to the home.

147 kitchen sinks added to the home.

39 vacuum cleaners added to the home.

151 kitchen cabinets added to the home.



(1) Lanie Padgett's home, before improvement. (2) "Before and After" water was put in the Padgett home. (3) Lanie Padgett's home after improvement. (4) Mother at spring before it was cemented. (5) Mrs. Padgett has time to drop down in an easy chair for a little reading. This room was ceiled by her and the boys and girls. New large windows instead of the tiny one. (6) The Padgett boys think the bath room is an improvement over the "old swimming hole." (7) Water in Mrs. Padgett's kitchen saves many a backache.

All the foregoing is a direct work of the home demonstration agents in fourteen different counties. During the past year this report is more than doubled. For a concrete example of what can be done, I am selecting the following reports from some of the counties of North Florida, where the women and girls entered the state home improvement contest. The County of Holmes is rich in agricultural possibilities, but its financial rating is low compared with other sections of the state. Due to the splendid work of the county home demonstration agent, Mrs. Bettie Caudle, the light of a better day is coming and my prediction is that in the next several years this county will be regarded as a leading agricultural county with many beautiful and improved homes.

The thirty-five home demonstration agents in Florida are doing excellent home improvement work and many are truly described by using the words of Dr. Seaman A. Knapp, when he spoke of the teacher, "who enters into country life and seizes its opportunities for developing the resources of the country, for increasing the harvests, improving the landscapes, brightening the homes and flooding the people with knowledge about helpful things." This is the true description of our home demonstration agents in Florida.

Many girls and women in all sections of the state are setting aside a certain number of chickens, a certain garden space and a certain amount of jellies, marmalades or gift packages to get "home improvement money" with which to make home more attractive, convenient and beautiful on the inside and outside. (Notice pictures in Polk, Citrus and Suwannee counties where good work has been done.)

Ellie Ruth Bryce, Nassau County, who is starting a permanent garden by starting grape-vines, has the promise of more ground and will have more grapes and more money to improve her home, and will no doubt have a college fund by the time she is ready to enter college.



ELLIE RUTH BRYCE
of Nassau County will make money to improve her room by growing grapes in the permanent garden which she has started.

Through the home improvement work that the women and girls of Florida are doing, it is hoped that the rural life of Florida will be so outstandingly fine that there will be an exodus out of the cities of our land into the great out-of-doors of our even-tempered climate. On account of roads and cross roads, life need not be lived in isolation.

Though there is much to be done, many home demonstration agents are starting their home improvement work in a definite way, and as result demonstrations will follow month after month, we hope in a few years to have all sections of the state to come up to the best anywhere. The following are stories that should inspire all to take a renewed interest in making the "best better."

BETTER RURAL HOMES IN ESCAMBIA COUNTY

To Miss Floresa Sipprell, former home demonstration agent of Escambia County, and Mrs. E. J. Roberts should go the credit of establishing home improvement work in the county. Mrs. Roberts, with the assistance of the agent, put on the first home improvement demonstration. As a result the idea has spread. Many homes have been improved and many improvements made in homes. Indications are that it will be one of our most popular lines of work the coming year.



(1) Outdoor living room and sun parlor of Mrs. Roberts, Escambia County. (2) Indoor living room of Mrs. Roberts, Escambia County.

Mrs. Roberts says of her home: "Long before the minister said, 'Wilt thou' we had dreamed of and planned our home, and today we have a livable and workable home, made from an old farm house."

The original house was thirty feet wide with a breezeway through the center. On the north side was a long porch, on the west side the same. They enclosed a room eight by nine feet to be used for the washroom, saving the muss of farm men "cleaning up" in the kitchen or bathroom.

The kitchen, the joy of the housekeeper and the pride of her husband, contains three windows and a glass door. The room measures thirteen by twelve feet, the space divided thus: North wall, glass door, built-in cabinet, table underneath on castors, window with sink beneath; on east wall, built-in cabinet with zinc-covered work-shelf alongside of coal range and door leading into dining room; south side, double windows beneath same, fireless cooker; on west wall, kerosene oil range and door leading into bedroom. The windows and doors are exactly opposite, creating cross-currents of air that keep the room pleasant at all times.

The bathroom has a built-in medicine cabinet of ample size and a towel cupboard placed just above the tub where plenty of towels are within the reach of the bather.

The living room is twenty-four and one-half by sixteen feet, and has a glass door and triple windows on the east or front, a large brick mantel and fireplace on the north side with windows on each side.

The sun porch is sixteen by twenty-one feet on the southeast corner of the house and is all glass, affording a real flood of sunlight. According to my idea the house must be a home with a big capital "H". To be that, it must be attractive, convenient with every working device, the right height and design to suit the housewife, not some one else.

To me the ten necessary things in a home are, namely: running water, plenty of light and ventilation, accessibility to every room, closet space, bath and toilet, good drainage, house screened throughout, good stoves, a comfortable chair in easy reach of the magazine stand so one might rest and snatch a few minutes' reading while a meal is cooking and last but not least, a good, comfortable bed on which one can spend the night in comfort and awaken refreshed ready for another day's work.

The words of Edgar Guest, "It takes a heap o' livin' in a house to make a home," are indeed true:

Home ain't a place that gold can buy,
Or get up in a minnit;
Afore it's home,
There's got to be a heap o' livin' in it.

Ye've got t' love each brick an' stone
From cellar up t' dome;
It takes a heap o' livin' in a house
To make it home.

This home won second place in the 1925 contest and was awarded a second prize by "Save the Surface Magazine" in 1926.

One of the outstanding demonstrations of this year was that of Mrs. Parazine, also of Ferry Pass. Mrs. Parazine says: "A new house for a family of five costs a bit of money, and while we were saving enough to build a new house, I made up my mind that the old one could at least be made livable.

"With the vision of that new house before us, we did not want to spend so very much, so this is the plan we worked out:

"We had the ceilings painted a colonial yellow and the doors, windows and baseboard leather brown. The old plaster board on the walls was tacked back into place and new plaster board put on. The new board, however, was put on with panel strips, covering all the seams. We also had the strips put on like a picture moulding, a foot down from the ceiling, and two strips about four inches apart around the room at the height of the window sills, making a very pretty paneled effect and preventing the paper from sagging. The strips are painted brown to match the rest of the woodwork and the floor is also stained.

"And I just wish that every one that has some dingy room or corner could see ours for they look so well and cost so little.

"The whole expense was not quite \$35.00:

"Labor	\$15.00
"Two rolls paper (including freight).....	5.00
"Panel strips	6.00
	<hr/>
"Total	\$26.00

"The paint used came to a little less than \$9.00. We have taken a world of comfort in our dressed-up rooms the past winter and now, to me, comes the best part of all, for the 'Boss' man of the family has decided that if a little money, wisely spent, can accomplish so much—instead of waiting to build that new house, we will use what we have and make over this one."

Mrs. Parazine won third place on her living room in the State Contest and has already entered her house as a whole for 1927.

Mrs. Haynes of Ferry Pass, the mother of twelve children, most of whom have been outstanding club members and winners of several trips to State Short Course for girls and boys, has entered the contest and is busy making her house over.

When her house was built it was long and narrow, the long side facing the road with a narrow porch across the front. Since the road has been changed and the end became the front, she decided to change the house, converting it into the bungalow type. The porch was torn off the side and a larger porch, cement steps and brick pillars put on the end. An ell was added across the back for kitchen, bedroom and bath. Many windows have been put in to give light and air.

The house has been painted green on the outside and a harmonizing color scheme is being worked out on the inside.

The walls of the living room are wall-boarded, painted cream. Panels and woodwork are walnut, and it is furnished with reed furniture, stained

walnut. The draperies are blue and gold, the rug in tones of blue. The dining room opens into the living room and is finished and furnished to harmonize.

The walls of the guest room are tinted green, furniture ivory and curtains of white dimity ruffled in green.

The girls' room will be in ivory white and old rose. Mrs. Haynes' room, blue; the boys' room, blue-green; bath, white, and kitchen, gray with yellow or blue.

Mrs. M. J. Reeves of Myrtle Grove has added a kitchen and screened porch to her home, painted the outside and papered inside.

Mrs. Tom Cobb of Ferry Pass has done over her bedroom and kitchen and is now working on the living room and bedroom.

Eight women and girls have entered the contest for 1927. There will be many more before the time for entry has passed.

HOLMES COUNTY HOME IMPROVEMENT, 1926.

My New Five-Room House.

The old three-room log house that we lived in for three years was very uncomfortable and ugly. It had very few windows. It was so run-down



(1) The home of Mrs. Carlton Sykes, before improvement. (2) Home of Mrs. Carlton Sykes after improvement. By sacrificing the car Mrs. Sykes was able to have this new home.

that it was not worth repairing, so we determined to build a new one. We had very little money but had a good bit of timber, and as there was a saw-mill nearby we started sawing and hauling to mill enough timber to build the house. Then it was sawed and hauled to the planing-mill to be dressed. We used what money we had to buy doors, windows and roofing. Our flock of ninety White Leghorn hens (purebred) paid our living expenses as well as buying a lot of smaller things for the house. We had several fat hogs to sell that helped out. When all the necessary material was ready to commence building we had no money to hire a carpenter, and as my husband could not possibly build the house that we had planned, there was nothing left to do but trade our car to a carpenter in exchange for the labor with my husband helping. We decided that we had rather have a pretty home and no car than to go on living in the old house with a car to ride in.

First we wanted to build a house that we would always like. We selected a five-room house with nice front porch, a screened-in sleeping porch and a tiny back porch to eat on on hot days. We used a brick foundation and instead of setting our house down near the highway as so many do, we set it upon the hill that slants down beautifully to the road, with a lot of pretty pines on it.

The living room is long and narrow with a cased opening into the dining room and the little hall that leads into the two bedrooms. It has five large windows and a fireplace. The large bedroom has four windows and fireplace. The small bedroom has three windows and fireplace. Both bedrooms have large cedar-lined closets. All the windows have sash weights and we have screened the whole house. I have painted and varnished all the floors, and we shall paint the outside of the house gray. The inside of the house is papered and trimmed in enameled ivory. The kitchen has two large windows and two sets of casement windows. I have a built-in kitchen cabinet, a large kitchen stove and an oil stove, also have a steam-pressure cooker. I expect to can a lot of vegetables for home use and to sell.

Now we have a beautiful home which cost \$1,100 not including the car and our labor, but we have not much furniture. I hope to furnish it this fall, as we have five hundred small chicks that will commence to lay in the fall, and with the many beautiful things that my home demonstration agent will show me how to make at small cost, it will not be hard.

MRS. CARLTON SYKES,
Holmes County.

REMODELED HOME

I joined the Home Demonstration Club at Ponce de Leon in January, 1925, with Mrs. Bettie Caudle as our agent, and she taught me many things, one being a more convenient home, and especially a well arranged kitchen. So this spring we decided to remodel our home, which was only a rough lumber house that had not been completed about four years ago. It consisted

of four rooms and reception hall with only a front porch and a back porch screened in for sleeping porch. There were only two ways of our getting in or out of the house. One was a door in the front and one in the back.

The kitchen and dining room were together in a room 15x15, very much crowded, and I walked many miles daily just in that one room getting a small amount of work done. We began by putting a porch on each side of the house, which gave a very good bungalow roof, had banisters all around the porches and four sets of steps placed in convenient places leading to front gate, pump, chicken yard and garden.

Entering the reception hall, we ceiled the walls with gip-rock and overheaded with wall boards. To the right, I had living room made 15x15 with book cases set in on each side of casement opening; the living room we ceiled with gip-rock and overheaded with wall board. It has four large windows and a pair of French doors leading to the dining room; the dining room was ceiled and overheaded the same as living room and is 15x15. There are double windows at the right and I also had a door put in leading to the porch on the west side. Then I had a part of the old screened porch cut off for the kitchen, about 10x14, had two casement windows, one on the west side and one in the back, and a door put in leading to the west porch. On the wall on the left I had a pantry built in with shelves for storing canned fruit and vegetables, and by it I had placed the ice box. Across from the ice box is the kitchen cabinet and to the right of the kitchen cabinet I had a work cabinet made and closed with doors across the front. This takes the place of a cook table and gives me place to hang pots, dish pans, and other things to keep off the wall. To the right of the work cabinet is the oil stove. One of the casement windows is right over the work cabinet and the other window by the stove so I have plenty of light and fresh air.

We used gip-rock for the walls and overheading in the kitchen. Leading from the kitchen is the sleeping porch. Here in the wall between kitchen and sleeping porch, we had clothes closet put in, also a broom closet. The room has been weatherboarded on the outside wall just half way up and the remainder of the wall had screen wire tacked across it, so I had five casement windows put in the outside wall and one in the end of the room and had them made to let down in lower half of the wall. We had screen frames made and put on hinges for the windows. We had a door cut leading to the east porch. This room was ceiled with gip-rock and overheaded with wall board. A large bedroom 15x25 is next to the sleeping porch. In this room I had the doors changed to more convenient places, and had two large windows put in and as there were already double windows on one side it has plenty of light and air. We had this room also ceiled with gip-rock and overheaded with a wall board. Between this bedroom and company bedroom was a stack chimney, on one side of which I had a clothes closet built with a small window in outside wall to give light and on the other side I had a small closet built in for bed clothes and quilts.

The next room was to be a company bedroom. Here we only ceiled with gip-rock and overheaded with wall board, and at the fireplace had a very pretty brick mantel put in. This room is 15x15 and has four windows in it, so now we have a very pleasant, comfortable home inside and expect to paint both inside and out as soon as we can, and also put in water and lights.

I did not list my house with Mrs. Caudle until May, so have not had time to do all that I will do.

STATEMENT OF THE COST OF REMODELING

Gip-rock and wall board.....	\$152.00
Lumber, doors and windows.....	180.00
Bookcase, French doors, screens and door for the front.....	54.00
Roofing, hardware, screen doors for side door.....	57.00
Brick for pillars and mantles.....	15.00
Truck hire for wall board and lumber.....	45.00
Labor	226.00
	<hr/>
	\$729.00

MRS. W. L. MANNING.



(1) Improved kitchen in home of Mrs. W. L. Manning, Holmes County. (2) Home of Mrs. W. L. Manning, Holmes County, after improvement.

MY REMODELED HOME

Before we remodeled our home a narrow porch, six feet wide, extended across the front and one side and was screened in. There was a narrow porch on back of house. The foundation and roof had almost rotted down. The fence had fallen down and part of it was gone. The whole place looked dilapidated.

We tore the porches away, also the old roof. We put a new roof on of heart cypress shingles. We built new porches, one across the front ten feet wide and one on the back the same width and fixed a breakfast room there. We put a brick foundation and brick pillars on front porch. On the south and west side we made a sleeping porch with sixteen windows. We built a bathroom to join sleeping porch and bedrooms. We have painted the house inside, which adds much to the looks, and are painting the outside white.

Color scheme: Living room, walls buff with cream ceiling and mahogany woodwork and floors; sewing room, a pretty shade of gray with white ceiling, mahogany woodwork and floor; guest room, pink walls, white ceiling, mahogany woodwork and floor; one bedroom, white walls and ceiling with mahogany floor; sleeping porch, white walls, green ceiling, mahogany floor; dining room, tan wall, cream ceiling, mahogany woodwork and floor; kitchen, wall a pretty shade of brown and cream ceiling, mahogany woodwork and floor; back porch or breakfast room, white walls and green ceiling, mahogany floor. We built some nice porch boxes for flowers and have flowers growing in them.

EXTERIOR IMPROVEMENT

To beautify the grounds around my home I planted flowers and lawn grass. We have a large lawn. The garage is back of the lawn and we have a driveway through it. We have built three trellises for vines. We built a new style picket fence of cypress, in front of the yard. The road which is in front of the house had bad washes in them. We filled them in with sand and clay. In back of house and lawn we built a poultry yard. We built a new poultry house, and have planted several fruit trees, peaches, figs, plums, pears, apples, grapes and raspberries. We have several large pecan trees which make a nice shade in the lawn.

We have a deep well and a pump which pumps water in a tank made of cypress and have running water in the house. We have two telephones, one extends to one town and one to another town on the other side of our home.

We tore down several old buildings that stood in front of the house, built new barns and put new wire fence around one hundred acres of cultivated land. This work has been done under the supervision of our County Home Demonstration Agent, Mrs. Bettie Caudle. The cost of material and labor was near \$1,000.

MRS. R. K. MCKINNA,
R. F. D. Bonifay, Florida.

HOW I IMPROVED MY HOME AND YARD

The house before improvement was as follows:

The house is turned east and west and is 14x30 feet, making two rooms, one 20x14 ft., the other 10x14 ft., with a long veranda on north, south, and west of this. There was a small bedroom on east end of north and south veranda. South of this was another room 10x16 ft. (which is kitchen) with a shed on the north and south side. The shed on south is walled up and the north side left an open veranda connecting to the other veranda. There were small 2x3 undressed posts around veranda.

When remodeling was begun the small north bedroom was removed and north veranda then screened in extending as far as body of house and turned into a sleeping porch 14x30 ft.

The room on south veranda was enlarged and then the other veranda was screened in from this room to the kitchen door, leaving a small back veranda. Then the other side was screened in from kitchen across these two verandas to the room 14x20 ft., making a summer living room. All doors and windows have been screened.

The small posts around veranda have been removed and large 4x4 dressed posts put up instead.

The room 14x20 ft. (which is my room) I have painted, using alabastine. The ceiling is painted white, the walls gray with a blue stenciling for border. The furniture is painted to harmonize. Window curtains, dresser scarfs and table runners are dyed blue; a bedspread and pillow cases are embroidered in blue.

For the kitchen I have made a fireless cooker, kitchen cabinet, and fruit cabinet. These I have varnished a golden oak color.

I have removed an old leaky gutter where the two verandas come together and replaced with gutter of tin.

EXTERIOR IMPROVEMENT

The yard I have planted in carpet grass. This I got out of woods here and planted 6 in. apart with no fertilizer. This was planted in early spring and has already covered the yard. On north side of house I have chrysanthemums beside the fence, and gladiolus on south side; on west side (or in front of house) there are jonquils and the lily of the valley around the veranda. There are the palms (these came from woods); cannas are planted against the kitchen. On north and south side of house I have the Chinese wisteria. This will run on the fence. In the back yard I have a large bed of verbena, some crepe myrtle, a banana tree, cedar trees, rose bushes, four-o'clocks, chrysanthemums and Johnny bells. In the front yard I have sweet fennel, bridal wreath and hibiscus.

As the kitchen does not extend out as far in front as the rest of the house I have a square in here which I planted in flowers. I have bachelor buttons, balsam, splendens, cosmos, China asters, sweet alyssum, carnation, Chinese wool flower, shasta daisy, double English daisy, phlox, petunias, and zinnias. There is a rambler rose in this square. I have made a trellis

for this and an arbor for one in back yard. I have a Southern smilax climbing front veranda (this is from the woods).

Below is cost of materials used on house and yard:

Lumber for porch and dining room.....	\$12.60
Screen wire for sleeping porch, dining room, doors and windows.....	11.00
Nails50
4x4 posts for veranda	2.00
Paint for room.....	.15
Dye	6.00
Kitchen and fruit cabinet00
Fireless cooker00
Varnish35
Flower seed50
Gutter tin	3.20
Cost of all.....	\$38.10

This work was done by my daughter and myself with very little outside help.

MRS. N. M. BURGESS,
Dady, Holmes County.

HOUSE REMODELED AND MADE "HOMEY" AND ATTRACTIVE

I have been a member of the Home Demonstration Club for two years and think it is just simply fine.

The first thing I did was to improve my kitchen and to put in a sink. I used a large funnel for this, and next made a fireless cooker out of a goods box and a lard stand. I made a kitchen cabinet of a goods box and covered the top with zinc, also covered the cook table with zinc. I made curtains of old sheets dyed for the windows.

There was just a 6 ft. porch on the back. We tore that away, built and screened a 10 ft. porch, added a bedroom on one end and a living room on the other.

I made shades for the dining room out of domestic and put fringe on the bottom of them. Also made a rug for the dining room of guano sacks and dyed them with red oak and hickory leaves.

I took a wall down that was between a bedroom and the old dining room, moved it, and made a large bedroom. I took the old dining room and turned it into a dressing room. I built a closet at one end of this room and a shoe shelf under the closet. I used an iron rod and put across from one wall to another to hang coat racks on, and dyed curtains for the dressing room and to cover the shirt-box. I fringed this cover and tied it, then lined the box with newspaper.

The living room I had to use for a bedroom, but now we have taken the bed out and have taken a cot for a day bed, padded it and made a spread of cretonne for it. Also made new curtains for the windows, tore away the mantel and built a new one. I made shades of domestic, scalloped and put fringe on the bottom. The cost of the remodeling was about one hundred dollars.

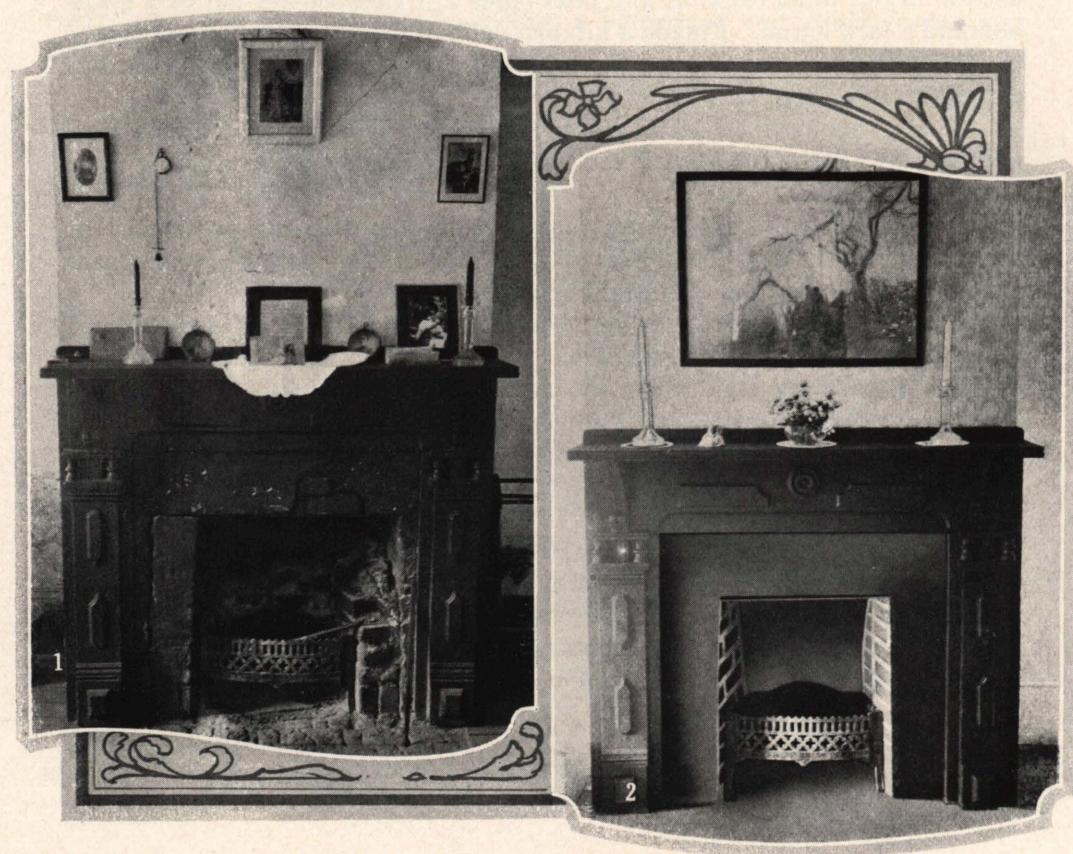
MRS. V. R. MYERS,
Holmes County.

YARD IMPROVEMENT

We live on a very high place with real sandy soil. There is very poor yellow sand under the top sand and when we have dry seasons it is almost impossible to keep moisture in the soil.

The sand blew away from the blocks or pillars until my husband had clay hauled in and put around them, but that soon washed away. Then he had shell hauled in and put over most of the yard. It packed so hard that it was almost out of the question to think of having flowers, but I would try a little now and then to get something to grow but didn't have any success, so I had almost decided there wasn't any use for me to try any more.

I attended Farmers' Week in Gainesville last summer with our Home Demonstration Agent and heard so many good talks on Home Improvement and how to beautify your home that it gave me great courage and a desire to exert every effort to try again and a determination to do more than I ever did. But I'll be honest, I just didn't know just how it ought to be laid off or how to arrange the plants. But at the beginning of our club work for this year, our home agent, Miss Pearl Jordan, wanted all of the ladies that would enter the Home Improvement Contest, and she told me she knew I could improve my home and have flowers too. She said she would come and help us to lay off the yard and help us to set out the plants, which she did.



(1) A mantel before improvement in the home loaned for the Short Course. (2) The same mantel after improvement was made by the Short Course girls.

Right in front of the house was an old peach orchard with nearly all of the trees dead and it had grown up in briars and dog fennel weeds. Next to the gate was a large pile of trash swept from the yard week after week. The first thing we did when our home demonstration agent came was to take a picture of the home, then she and I went to one of my friend's flower yard and got lots of different kinds of cuttings. Next morning we had early breakfast and began working. We laid off eight borders and had the boys to haul brick from two old chimneys here on the premises so they didn't cost us anything. Then we placed the brick, had the boys haul in compost and we chopped it in with hoes. We got the soil in good shape before putting the plants and seed out. We kept them watered as well as we could and now we have sixteen rose bushes, lots of gladioli, several kinds of lilies, four kinds of verbena, several pineapple shrubs growing besides shrubs placed around the house. Several of the cuttings are blooming and we feel very proud of them all.

We figure the cost of it all was no more than \$1.50 or \$2.00 as we did most of the work. Well, I haven't told what we did with the trash pile and the old peach orchard. We cut all the dead trees out and pruned the live ones. Then we cut the briars and weeds down and cleaned all the trash off, plowed it under, cleaned up the trash pile and set some flowers out there.

We also opened up a road or lane through the field for a driveway. Then we sent and got one-half dozen pecan trees and set them alongside of the driveway. We expect to plant more trees and flowers later on. Of course, the cost of the pecans are not included in the cost of the flowers as they were planted along the driveway. I feel that most of the credit should go to our home demonstration agent, Miss Jordan, for her able assistance in doing and planning it, also for taking me to Farmers' Week last year, which proved very beneficial to me.

MRS. L. L. OWENS,
Yulee, Florida, Nassau County.

We have tried to meet the situation as we find it, and inspire the people to do something "**now**," **however small**. If "so much" can be done with "so little," surely the people who have money will spend wisely, so that their rural homes may have every comfort and convenience of the city home. See the pictures of kitchen improvement where little was spent and where more was spent.

Notice types of rural homes in Suwannee, Nassau, and Citrus counties that have been improved in 1926.

Rug-making is being done well by girls and women; after they learn well to do plaited or hooked rugs, they find a ready market, and money is earned to buy paint and other things with which to improve the home.

As stated previously, we have tried to build from the "ground" up in our home improvement work.

The founder of Demonstration Work said: "Teach the girls to adorn the simple home and make it appear like a palace; how by a single arrangement the environment of the home can be transformed into a place of

beauty." This has been truly demonstrated in Florida through the efforts of the county home demonstration agents.

We have only started on our way to the great work to be done in rural betterment. However, if each demonstrator in home improvement will really demonstrate, it will not be many years until it will be a strange thing to see unpainted houses, a woman packing water, or traveling miles a day because of poor kitchen arrangement. With electricity coming into all sections, the rural home-maker can have even more than her city sisters, in health, comfort, and beauty in the home.

Through the teaching of our college of agriculture, and its army of extension workers, and the State Department of Agriculture and its various agencies, the tiller of the soil is being well instructed and he is molding the soil to his profit; he is becoming free from the vassalage of mortgage and the bondage of debt and he is in many instances becoming a toiler for pleasure, for home and for knowledge.

These agricultural agencies are building solidly, and meeting a situation as it is found in all sections of the state, helping to solve the problem of poverty and increasing the common measure of happiness and the universal love of country.



(1) Home Demonstration women and the Agent, Miss Mosel Preston, at work in the home of Mrs. Ethel Swearingen, Eagle Lake, Polk County. Winter Haven Civic League, Home Demonstration Department demonstration French cooking taken at Mrs. Swearingen's kitchen. (2) A "hectic" kitchen was turned into this clean, convenient and orderly kitchen by two club girls, Winona and Sarah Page of Nassau County. (3) Built-in cupboard in the farm home of Mrs. Ethel Swearingen, Eagle Lake, Polk County. Notice the sliding doors and the "toe room" making a comfortable work table.

HOME DEMONSTRATION WORK AS TRAINING FOR CITIZENSHIP

LUCY BELLE SETTLE
District Agent, South Florida

Home Demonstration Work as a branch of Extension Work in Agriculture and Home Economics is making its contribution to the state in helping those with whom it deals to live in happy relation and to fill a useful place in the community of which they are a part. As to how this is accomplished is perhaps best told by a brief review of some phases of work as it is conducted in Florida. The plan of organization will first be discussed.

CLUB ORGANIZATION AND PROGRAM-MAKING

Women trained in the science and art of home-making are employed as county home demonstration agents and state specialists. They make direct contacts through local groups which the women and girls themselves may create. The agent studies with these groups the needs of the respective homes of the members of the group. Programs for home improvement are based upon these needs. They furnish the program of work for the agent and for the women and girls themselves.

Volunteer leaders are sought in each community in which work is carried on. These leaders are given special training, not only in subject matter but also in the method of presentation. Particular credit and commendation is due this group, who have unselfishly given their time and service to community upbuilding.

Believing that it is better to start with right ways of doing things and with correct habits, the service begins with girls of ten years of age and extends through their eighteenth year. These girls are organized into clubs. Programs are based on home work such as sewing, food work, dairy-ing, home beautification and other kindred subjects. As a result of the training given they find satisfaction through accomplishment, develop habits of thrift and orderliness, form friendships through cooperative effort, learn valuable lessons in leadership, and make vital connections with home and community problems.

Gardening and poultry raising constitute the main phases of productive work carried on as home demonstrations. Club meetings are frequently held at these demonstrations in order to have vital illustrative material at hand to make clear the information presented by the leader.

Much club work is done outdoors under the shade of trees, sometimes under an orange tree in full bloom.

One of the favorite packages put up by the canning clubs is the "Florida Gift Package," composed of a number of fruit products.

If the purpose be to give instruction in the culling of poultry the group meeting is held in the poultry yard.

When a demonstration that does not call for more than hand equipment is to be given in clothing, the club combines pleasure and business and



(1) Hillsborough Home Demonstration Club, Plant City, Florida—putting up fruit products for gift packages.
(2) Hillsborough Canning Club—from patch to can. (3) Hillsborough Home Demonstration Club, Plant City, Florida—packing the gift package.

hikes to some favored spot for a meeting. Such a spot on the border of a lake is not hard to find, and a swimming suit constitutes a part of every member's equipment.

One girls club in Hillsborough County has provided itself with a permanent meeting place by building a club house. This involved quite a bit of business for an organization of young people, and stands as a monument of cooperation.

Women's meetings are held oftentimes in some member's kitchen and if the county is fortunate enough to have one of Florida's three home demonstration agents who have made "study tours" abroad, planned by the Washington office, the club may receive light on the mysteries of French cooking. A pleasant, conveniently arranged kitchen is a boon to such a meeting.

In home demonstration work the agent feels the responsibility of developing through her work the principles of citizenship. She has this in mind as her main purpose in holding a camp which may cover a period of several days. Camps are club meetings extended in time so as to cover more completely the essential factors concerned in living together in a properly balanced community life. They round up for members all activities of club work.

Polk County club girls have been given a permanent camp, comfortably furnished and happily located on a small lake, which the girls call in endearment, Lake Midget.

COUNTY COUNCILS

Senior Councils: The governing body for the home demonstration work of the county is termed the county council. The council is composed of the president and one elected member from each local club. The officers of the council, with the home demonstration agent, compose the executive committee. One of the functions of the county council is to strengthen weak local organizations. A striking illustration of this was shown in the following instance: A home demonstration club of thirty-two members had its membership reduced to five when the fever of selling farm lands spread through the neighborhood. Had it not been for a strong central organization into which the club's right hand could be extended to steady itself, doubtless the weakened organization would have been swept off its feet. In borrowing strength from the council during this time of stress the club held together and is once more a strong organization.

Another value of a council is in training members in leadership. There was a period of a few months when help was not available from the state staff of home demonstration work in securing appropriations in the counties. In a certain county the agent's appointment of service expired July first at the time the new budget for the county was being made. There was good reason for the strictest economy in the county, for the legislature just past had divided the county three ways. This left the original county with about thirty per cent of its former territory from which to draw taxes and seventy per cent of the schools to maintain. A meeting of the women's



(1) Poultry judging, Lake County. (2) Club House built by Lutz (Rainbow Club). They bought two lots, mortgaged them for lumber and had all work except that of foreman donated. The building is to be ceiled in and have windows all around. (3) Clermont Home Demonstration Girls, sewing lessons, members of club present. Marie Cox, Home Demonstration Agent, Lake County. (4) Winter Haven Civic League, Home Demonstration Department, demonstration French cooking, taken at Mrs. Swearingen's kitchen. Polk County.

council was called and the president instructed to appear before the meeting of county boards in an effort to have the work continued.

This president was a home-maker and a mother and wholly unused to public appearance in such meetings, but her experience in club work served in this call for resourcefulness. She presented herself not as an individual but as the representative of 350 women in the county. She made it clear to the board members that she knew nothing of budget making, the levying of taxes and all it entailed, but she knew what it meant when they spoke of discontinuing home demonstration work in the county. She presented simply the wishes of the home demonstration women and her concise statement of the value of the work and the fact that she approached the board, as one of an institution formed for service, served its purpose and the appropriation was made.

The county organization of Hillsborough County is one of the oldest in the state and in fact one of the oldest in the history of home demonstration work in America, having been organized in the early days of extension work. If one is looking for genuine cooperation in a county project that has, from its inception, been entirely and astoundingly successful, then he need look no further than this council of home demonstration women. It gave to the state council its first president and was among the first to invade the commercial field by establishing in Tampa an exchange where home demonstration members marketed their products to add to the family income.

A part of the contents of the shop was displayed at the South Florida Fair, the members of the council assuming the responsibility of displaying and marketing the products.

In Escambia County the council of home demonstration women is featuring an all-day session once a month at which a specialist in some line of home-making gives a demonstration lecture. This council fostered an encampment for women and girls during the past summer, and is arranging a county exhibit for the state fairs. The members of the council will act this year as local leaders for the girls' clubs. This council sent its official representative to the annual meeting of the state council for home demonstration women.

The Citrus County Council for Women exemplifies the saying that the world belongs to the young. Still less than a year old, they have accomplished as much in the duration of their existence as any council in the state. Due to the accomplishments of the council, home demonstration work is highly regarded and on a good economic basis. From their representation sent to the annual meeting of the Senior State Council of Home Demonstration Women, held at the University of Florida during Farmers' Week, was elected the state president, Mrs. Minnie Robinson of Lecanto, Florida.

Junior Councils: To Palm Beach County credit is due for the first council of home demonstration girls organized in 1921. The conduct of business of this organization of girls would do credit to a similar organization of adults.



Members of Hillsborough County Home Demonstration Council, Representing Senior Home Demonstration Clubs of the County.
Front row—Mrs. Mary Allen, Agent of West Hillsborough County; Mrs. Krist of Seffner; Mrs. Caldwell of Riverview; Mrs. Hull of Lake Magdalene; Mrs. Demplin of Oak Grove; Mrs. Brant of Lutz; Mrs. Bates of Jackson Heights; Mrs. Donaldson of Tampa Heights.
Second row—Mrs. Burts, Sr., of Ballast Point; Mrs. Barrentine of Ballast Point; Mrs. Keyes of Brandon; Mrs. Lease of Sulphur Springs; Mrs. Barr of Limona; Mrs. Scofield of Riverview; Mrs. Dennison of Lutz; Mrs. Carty of Lake Magdalene; Mrs. White of Lake Magdalene; Mrs. Hunt of Jackson Heights; Mrs. Holstine of Tampa Heights.



State Boys Club Agent, R. W. Blacklock, talking to club boys and girls assembled on Fair Grounds, Dade City, Pasco County, Florida, April 10, 1926. Mrs. Harriet Ticknor, County Home Demonstration Agent; W. T. Nettles, County Agent.

Their work is carried on through committees. The committee reports are made at every meeting of the council held four times a year. These girls issue a monthly publication, "The Junior News Sheet."

Because of Palm Beach County's splendid contribution to the organization of the state, Thelma Jordan, Lake Worth club girl, was elected vice-president of the State Council of Home Demonstration Club Girls and will next year succeed to the presidency.

Gadsden County girls report unusual interest in productive work, stimulated by the council. Gardening, poultry, dairy, pig, and corn clubs are at work. From this organization of girls comes another officer in the State Junior Council, Ruth McKeown, State Treasurer.

STATE COUNCILS

Senior: Every county council of adult and junior work has two members on the State Council of adult and junior work. There is one meeting annually of each of the state organizations, that of the women being held during Farmers' Week at the University at Gainesville and the meeting of girls held at the Girls' Short Course at the Florida State College for Women.

Mrs. Robinson stated in her speech of acceptance as president of the State Council for Senior Home Demonstration Work, "My goal for the coming year will be a senior council in each of the thirty-four counties now having home demonstration clubs. I shall strive at all times to enlist other counties to join the ranks of this progressive, educational movement."

Junior: The State Council for Junior Home Demonstration Work is the result of an idea conceived by Jocie Maddrey, former club girl of Alachua County, who has given us this history of its beginning:

"In 1919 there were sixty-two girls at the State Short Course. Some counties sent as many as four girls. Alachua County had never sent more than one.

"During this Short Course I suggested to Miss Partridge that we form a state organization. She said, 'I had just been thinking of that.' Lois Hawkins of Quincy (now of Florida State College for Women) was to be secretary and I was nominated for president. This must have been the beginning of the now flourishing state organization. The glimpses I had of college life during the short courses at Florida State College inspired me to return there for a college degree. I met a number of the former club girls in college and the 4-H spirit characterized their college life."

Council night during Short Course is the most important night of the week. County reports are made on the accomplishments of club work since the last meeting. The ambition of the president, Mary LaFuze of Clermont, Florida, is to establish a scholarship for an outstanding club girl to the Home Economics Department of the Florida State College for Women, and she is working now to bring this to a realization. She sends this message to the club girls of Florida:



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2

(1) Lake County Club Girls. (2) Palm Beach County, News Sheet Editors—Kathleen Thomsen, Charlotte Nettleton. Inset—Jocie Maddrey.



(1) Palm Beach County Dress Contest, May 1, 1926. Ten of the twenty-six in contest. Four entered in Ladies Home Journal Contest in New York, May 17. (2) Home Demonstration Shop, South Florida Fair, 1925.

"Dear Club Members: We are beginning a new year in club work, so let's make it the greatest we have ever known. Our goal should be higher and our work better than ever before. If only each one of us will try our best to get some new girl interested in our work our forces will be twice as great. I wonder how many club members live in counties without councils. Remember our State motto, 'Every County a Council.' Let's make Florida club work something that our representatives at National Meetings can be more than proud of. What do you say? Let's go!"

RALLIES

Miss Marie Cox, home demonstration agent in Lake County, inaugurated the custom of holding an annual rally of all junior club members. Among interesting features is a parade of floats, each representing a girls' club. The girls themselves, because of their achievements, are the most arresting exhibit in such a parade.

On May 22nd of this year Marion County club girls gave Ocala quite a lively interest with their rally-day parade. Prizes were offered to the club having the best decorated float and having all members present. The boys and girls worked with enthusiasm on their school busses and private cars and twenty clubs with 200 girls were represented in this parade.

Pasco County is as proud of her twelve hundred girls and boys who are engaged in club work as of any other dozen assets in her richly endowed county. In their annual rally club ideals are reviewed, accomplishments brought to the attention of all, and goals are set for another year.

While the women have not yet begun to compete with the girls in the matter of parades, one of the strongest ties holding the women together is their rally day. Hillsborough County views this day as one of the most important of the year.

TEAM WORK

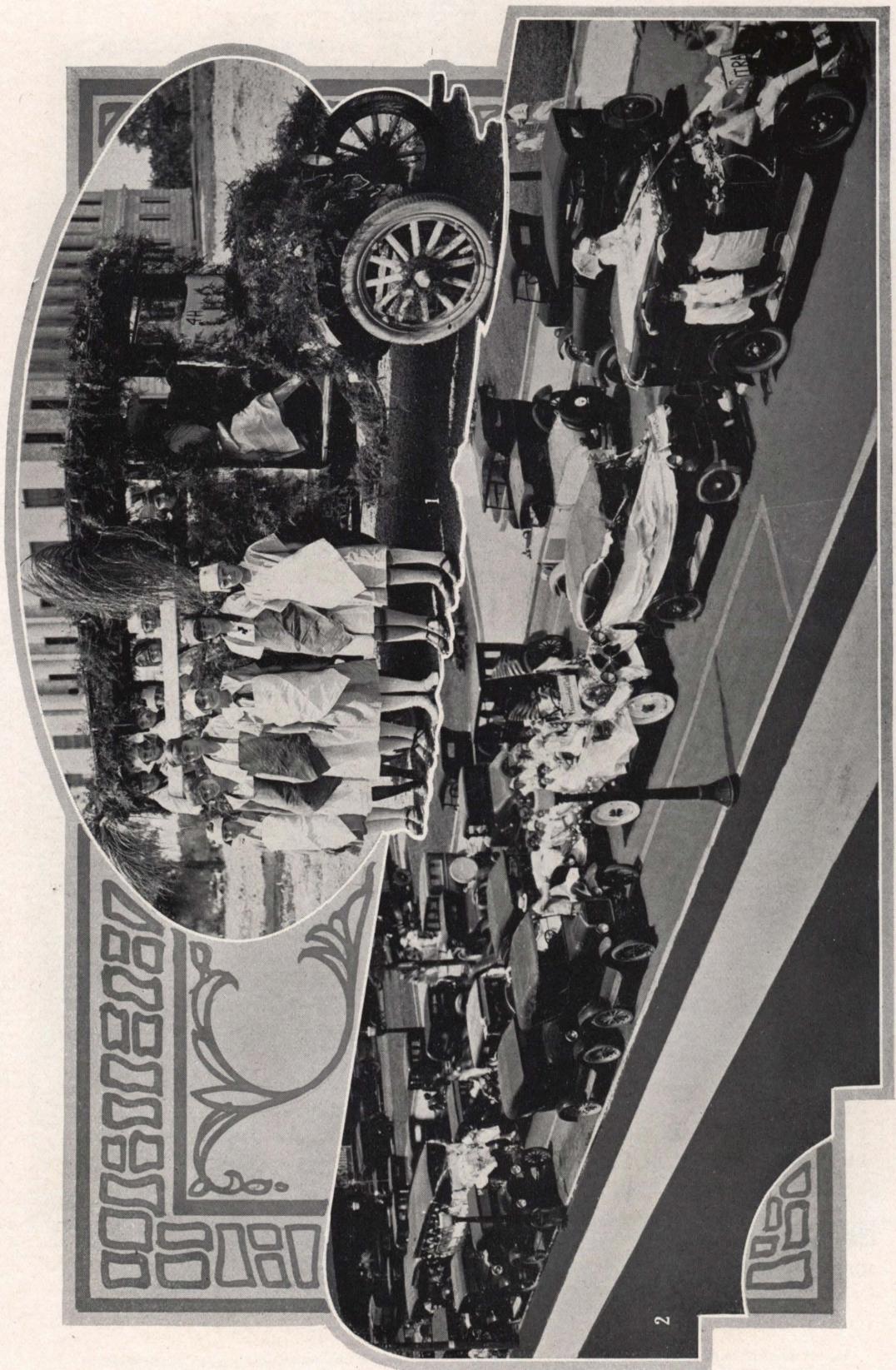
Teams of girls have been trained by home demonstration agents to give public demonstrations. One of the features of the extension exhibit at the Jacksonville Fair are the demonstrations by club teams.

Canning: Hazel Tipping and Coletta Ridenour of Duval County, trained by Miss Louise Pickens, were declared the winning canning team in 1925.

Judging Poultry: At the same contest Lillian Sistrunk and Leila Rogers, trained by Miss Corinne Barker of Suwannee County, were declared the winning team in poultry judging.

Bread-Making: In a series of contests in bread-making conducted by Miss Marie Cox, home demonstration agent, Marjorie Colson and Maxine Poeth became Lake County's prize-winning bread team. They entered the state-wide contest at Short Course and in carrying off first honors there, became Florida's prize-winning bread team.

Citrus Fruits: A signal honor was extended Ruth Tatom and Mildred Sevon of Palm Beach County in being asked to give a demonstration in the uses of citrus fruits at the State Horticultural Society at Cocoa.



(1) Lake County Club Girls. (2) Marion County Club Girls.



Attendance at a Hillsborough County Rally of Senior Home Demonstration Club Members.



(1) The winning canning team, Florida State Fair, Jacksonville, 1925—Hazel Tipping, Coletta Ridenour.
(2) The winning poultry judging team, Florida State Fair, Jacksonville, 1925—Lillian Sistrunk, Leila Rogers.
(3) Lake County Bread Team. (4) Palm Beach County "Citrus Team," 1926—Ruth Tatom, Lake Worth; Mildred Sebon, Lake Worth.

Canning: Mildred Black and Helen Everett of Ozona compose Pinellas County's first canning team. With their demonstrations this fall they have assisted Miss Helen Kennedy, home demonstration agent, in interesting other club members in conservation work.

Demonstration at National Meeting: The culmination of team work in Florida was reached when Letha Fender and Beulah Felts, fourth year club girls representing Florida club work, put on a demonstration in the preserving of citrus fruits at the National Boys' and Girls' Club Congress at Chicago. Twelve hundred state prize winners attended this meeting.

The girls gave their demonstration on a cold, bleak afternoon, at the club building in the stock yards. It was grey overhead and cold and slushy and grey underfoot. Inside the building fruits, flowers and palm trees made the setting for the Florida demonstration. Letha, with her charming Southern voice, brought from Florida a greeting that radiated sunshine, wellbeing and friendliness to Chicago and to the girls and boys from every state. Beulah gave just the right balance required for a practical demonstration, with her skill of manipulation and her excellent and accurate store of information on Florida fruits and their uses.

CITIZENSHIP

No less important than the sending of our young men to France to make the world safe for democracy, is the task of training citizens to make life safe for democracy. Home demonstration work has assisted hundreds in mastering the principles of citizenship.

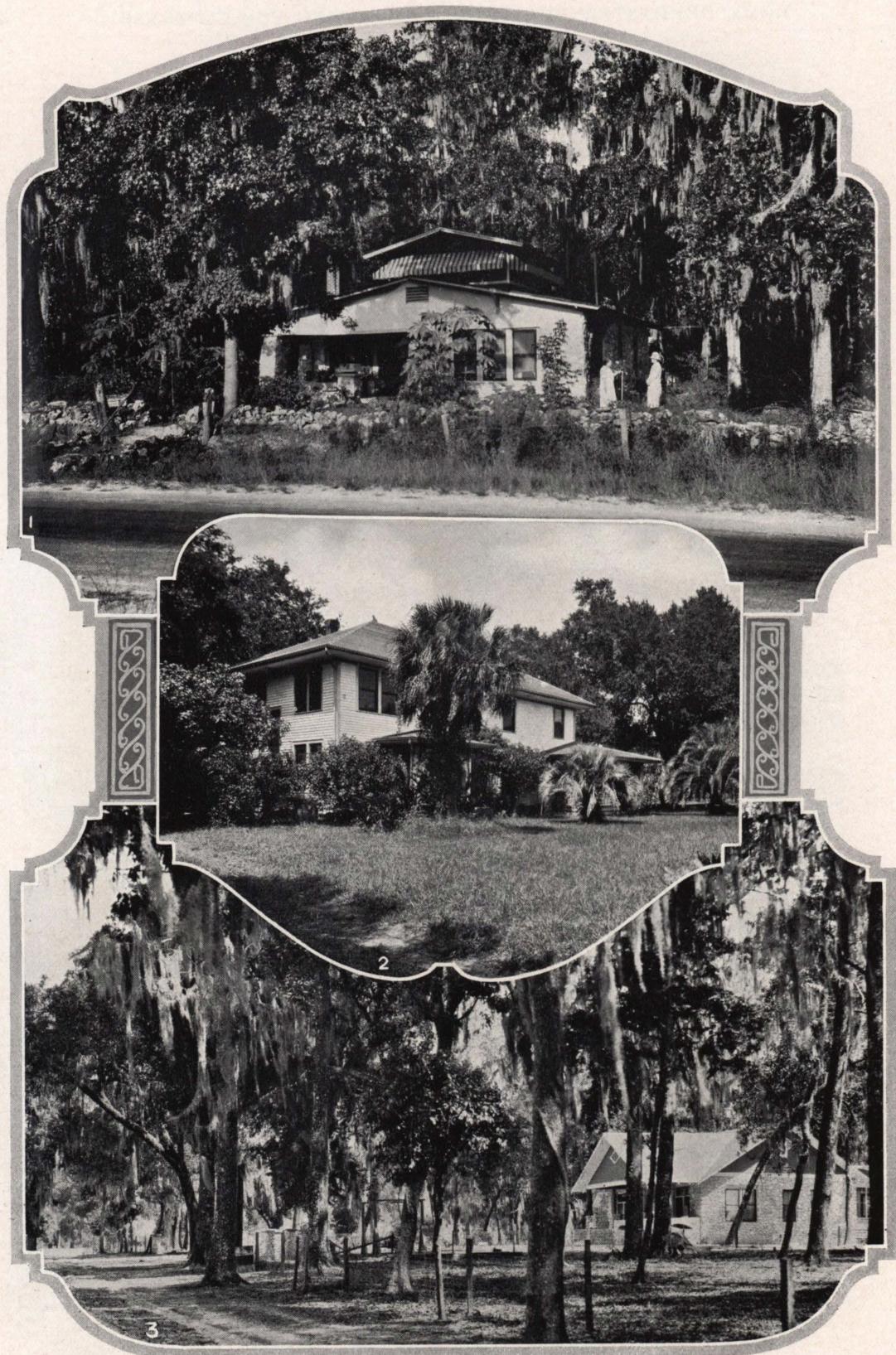
It is not possible in this short space to give stories of all of the club members who have attained a high degree of achievement in their club life, so only a few members will be cited as types.

Alma Faber of Benson Springs, Volusia County, won the privilege of representing Florida in 1926 at the National Meeting in Chicago. Alma's trip was given her by the South Florida Fair Association and the award was made last February at the Fair. Alma's story, related by herself, was a triumph. Her club work had been done in an orphan's home, and it portrayed the growth of a remarkable service to the children of the home. She had not learned to sew for herself alone but had made garments for others, and still better, had taught them to make their own. She had learned to can and so saved all the surplus from the garden for use in maintaining a good mixed diet throughout the year.

Alma has an all-year garden which she cultivates herself, and this spring started a small poultry enterprise, purchasing purebred stock with money which she had realized from exhibits made at the county fair.

When a group of extension workers went to the home to photograph some of the results of Alma's work, one of her greatest gains was made clear which might have escaped notice otherwise.

At one corner of the front porch stood a tall loquat tree with ripe fruit. One member of the party asked one of the little boys, who had gathered



(1) Dairy and poultry farm of Mr. and Mrs. William McDowell, Alachua County. (2) Seven Oaks—Home of Mrs. R. G. Hoyt, Pinellas County. (3) Modern Marion County home. This house is made from Marion County flint rock, and made entirely of material from this county. It belongs to Mr. George Carlton, Sparr, Florida. It has a Delco Light system, and running water pumped in the house by gasoline engine. It is located about fifteen miles from Ocala near a large orange grove.

around in their interest over the picture-making, to break off for her a branch of the loquats that it might be given to the photographer to whom the fruit was unfamiliar. The child willingly procured the branch. Just as he was on the point of presenting it to the woman who had asked for it, Alma joined the group, at which wholly unconsciously and without hesitation he handed the fruit to Alma, who in turn presented it to the woman. That was his mute but expressive tribute to Alma's recognized leadership.

If one were to go into Citrus County as a stranger and there happened at that time to be no home demonstration agent on duty, the answer to any inquiry made of the work would be a direction to Letha Fender and from her receive the information. Letha began club work in 1919 and since then has instructed four home demonstration agents, making known to them the territory and people with whom they were to work. She has been for seven years the efficient intermediary between the state office and the county.

Letha's club ventures have been varied. Starting with a tomato patch she included room improvement. She put into use principles learned in sewing and made a complete bedroom set, besides painting walls, floor and furniture. Since that demonstration her entire home has been remodeled.

The making of permanent plantings being one phase of club work, she planted a lime tree in the back yard which now supplies the family with fruit.

Four years ago she planted an avocado. This bore fruit this year.

From her flock of purebred Rhode Island Reds she sells eggs for hatching at \$2.50 a setting. In her flock are several prize-winning birds.

Letha was one of Florida's representatives to Chicago in 1925.

Beulah Felts and Ida Smith of Manatee are as skillful girls in sewing and canning as are found in Florida. Beulah began work a year earlier than Ida, so has scored ahead of her in winning a trip to the National Meeting at Chicago. Their work, however, in the last three years has been conducted in such close cooperation that it is of like excellence, and furnishes a perplexing problem to the judges who are called on to decide between them. Their service to their home demonstration agent in giving team demonstrations has been invaluable and Miss Cobb feels that her effort in training them has brought fruitful results. Early in Ida's club career she established a fund into which the proceeds realized from club work are deposited. She calls this her "Go-to-College Fund" and has in it \$184.50. She has made \$90.85 on crystallized grapefruit peel.

In a lovely subtropical setting Beulah has her garden, which occupies most of her time after school hours.

Her canning for home use is done in her own kitchen and the specialized exhibit work she does in Miss Cobb's demonstration kitchen. When Beulah displayed some of her products at Chicago, in illustrating her talk, she impressed her listeners so completely with their excellence that she sold them after the demonstration at very good prices.



(1) Manatee County Demonstration Team showing use of grapefruit in demonstration kitchen. (2) Alma Brooks Faber, Benson Springs, Florida. Her club garden showing seven kinds of vegetables. (3) Canning Team—Demonstration, canning of peaches. Mildred Black and Helen Everett of the Ozona Club, Pinellas County.

Down in Sumter County a club girl has taken her club training and experience into the business world at the age of fifteen years.

When Miss Uarda Briggs was home demonstration agent in Sumter County she caught Mary Foster's interest in club work. She taught her to sew. With this training she began to make her clothing and that of the neighboring children. She received remuneration from the sewing which she did for others and with this money bought fruit jars for use in her second year's work.

She was also taught bread-making, which led her into the next pathway of her evolution as a business woman. She won a trip to the State Short Course where she put on a public demonstration in bread-making.

In her third year a lunch room was opened in Bushnell and Mary secured the place of assistant, working during the hours when free from school.

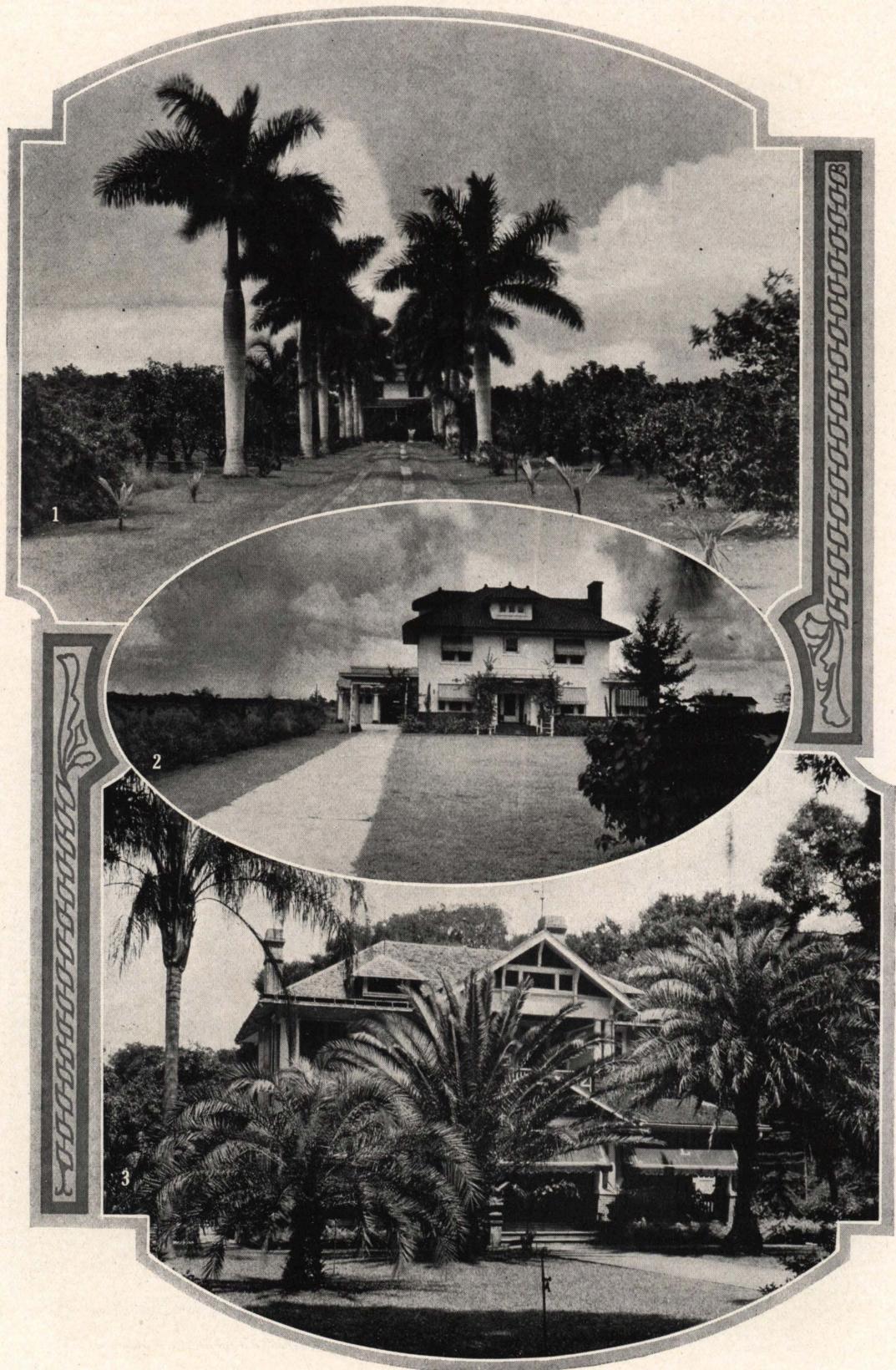
This spring she bought a half interest in the lunch room and assumed full management of it.

Mary learned in her club work that a business run without accurate accounting of expenditures is like running a clock without hands and she reports that she even keeps a record on the cost of the salt that goes into her bread.

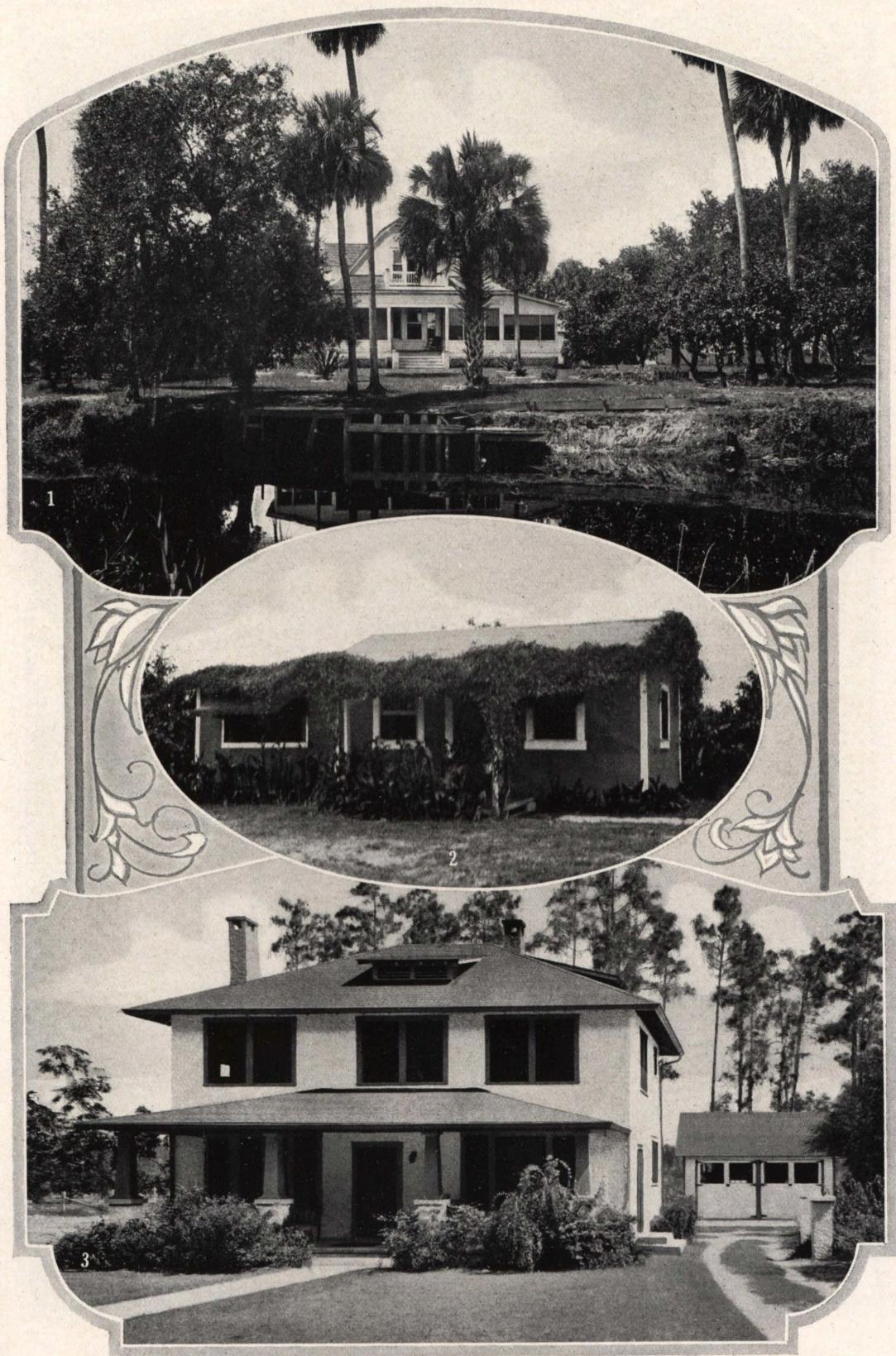
She does her own buying, makes the bread and pastry used in her lunch room, and serves her guests when not otherwise engaged.

Her books show a good profit with an encouraging increase in receipts.

The pride and justification of Home Demonstration Work is the type of girl developed under the training given through this channel. They may be found throughout our state presiding in homes of their own and proving vital factors in the development of their communities.



(1) Terra Ceia Estate, Terra Ceia, Florida. (2) Home of Mr. F. S. Howell, Palm View, Florida. (3) Country Home in Polk County.



(1) A home on Orange River, near Buckingham. (2) Home planned and built, all but framing, by a Club woman at Lutz. Interior all made by her. (3) Farm home of Mrs. H. J. Nordman, DeLand, Florida.



Officers and Members of State Home Demonstration Council for Women.

(1) Mrs. Ira Spivey, Citrus County. (2) Mrs. Blair Rudd, Escambia County, Second Vice-President State Council. (3) Mrs. E. A. Carter, member of Redlands Home Demonstration Club and President of the Dade County Senior Home Demonstration Council. (4) Mrs. Hugh Thornton, Lee County, President of the Home Bureau. (5) Mrs. Minnie H. Robinson, Citrus County, President of State Home Demonstration Council. (6) Mrs. Joy Belle Hess, Lee County, Vice-President State Home Demonstration Council. (7) Mrs. Maude Keizar, President Nassau Senior County Council. (8) Mrs. E. J. Roberts, Escambia Council President. (9) Mrs. P. E. Pournelle, Columbia County, member State Home Demonstration Council.



(1) Irma Chapple, President Dade County Junior Home Demonstration Council. (2) Letha Fender, First President of the Citrus County Junior Home Demonstration Council. (3) Prue Clark, President Junior County Council, Gadsden County. (4) Margaret Cason, Nassau County, President Junior County Council. (5) Janet Stanley, Citrus County, First Vice-President of Junior County Council. (6) Ruth McKeown, Gadsden County, Treasurer Junior State Home Demonstration Council.



(1) Mary LaFuze, Lake County, President State Home Demonstration Council. (2) Thelma Jordan, Palm Beach County, Vice-President State Home Demonstration Council. (3) Josephine Williams, President Polk County Junior Council. (4) Sara Ethel Jones, Escambia County, President Junior County Council. (5) Mary Effa Bradley, President Leon County Council.



(1) Fannie Pilkenton, Marion County.
(2) Evelyn Kent, Lee County.
(3) Elizabeth Griffin, Suwannee County.
(4) Irby Clay, Lee County.
(5) Dorothy Fussell, Lee County.
(6) Martha Rae Braddock, Orange County.

(7) Alvina and Clara Masters, St. Johns County.
Prize winners of trip to Chicago.
(8) Viola Yates, Hillsborough County.
(9) Gwendolyn Bozeman, Suwannee County.
(10) Dottie Mae Barksdale, Lake County.
(11) Edith English, Hillsborough County.



(1) Myrtice Bell, Santa Rosa County.
(2) Marielie Graf, Duval County.
(3) Frances Christian, Marion County.
(4) Ellores Haynes, Santa Rosa County.
(5) Mildred Sevon, Palm Beach County.

(6) Lillian Weissenger, Orange County.
(7) Mildred Black and Helen Everett, Pinellas County.
(8) Aurelia Hurlbert, Duval County.
(9) Mary Katherine Manship, Dade County.
(10) Louise Arnold, Columbia County.
(11) Maggie Nicholson, Escambia County.



RUBY McDAVID,
District Home Demonstration Agent.

OBTAINING RESULTS THROUGH OPPORTUNITIES AFFORDED RURAL HOME LIFE.

By RUBY McDAVID,

District Home Demonstration Agent for North Florida.

An idea as to some of the successful ways and means used in securing satisfactory results may be obtained from the following paragraphs:

EXTENSION EXHIBITS

The date of the first agricultural exhibit is not known, but for many centuries the Englishmen have been staging fairs and exhibiting products raised on their estates in England.

Education was the main purpose of these exhibits. These landlords wanted to learn better methods and to produce better quality products and they wanted their tenants to do likewise. While the name fair is often used it is really a short course in agriculture and home economics. People attend them to be together and to learn, both of which are good. The aim and purpose of exhibits today remains the same as it was centuries ago.

Extension workers are rapidly becoming more interested in the possibilities of using educational exhibits to supplement other methods of extending better practices in agriculture and home economics. Since ideas presented in exhibits are more readily grasped than those given in news articles or bulletins, it behooves the extension worker to endeavor to present new material or old material in new form. Oftentimes old subject matter can be presented in exhibits with new life and increased force.

Extension exhibits acquaint people with the results of demonstrations or other extension work. It is through these exhibits that the taxpayers are shown the importance and also the possibilities of the extension activities.

Fairs are considered agricultural show windows. They show to the public the best products of the community, county or state. First of all they should be educational. Sometimes they are regarded merely as exhibitions, which in a measure they are, but the main purpose is to show what can be done along certain lines of industry, agriculture and home economics. Back of all that is shown is information that, if followed up and practically applied, can be made very useful and helpful.

The majority of the fairs held in this state are practically agricultural, and they should be since we have the soil and the climate to produce such a variety of fruits, nuts, grains and vegetables. They are the means of bringing people together in a common cause, and various communities are brought in closer relationship with each other by the friendly rivalry shown at the fairs put on in the communities, counties and the state. They also bring the people together for the purpose of seeing and believing what is being said about the wonderful productive soils.

They not only interest the people of our state, but they cause a great many visitors who attend these fairs to become interested. They see and

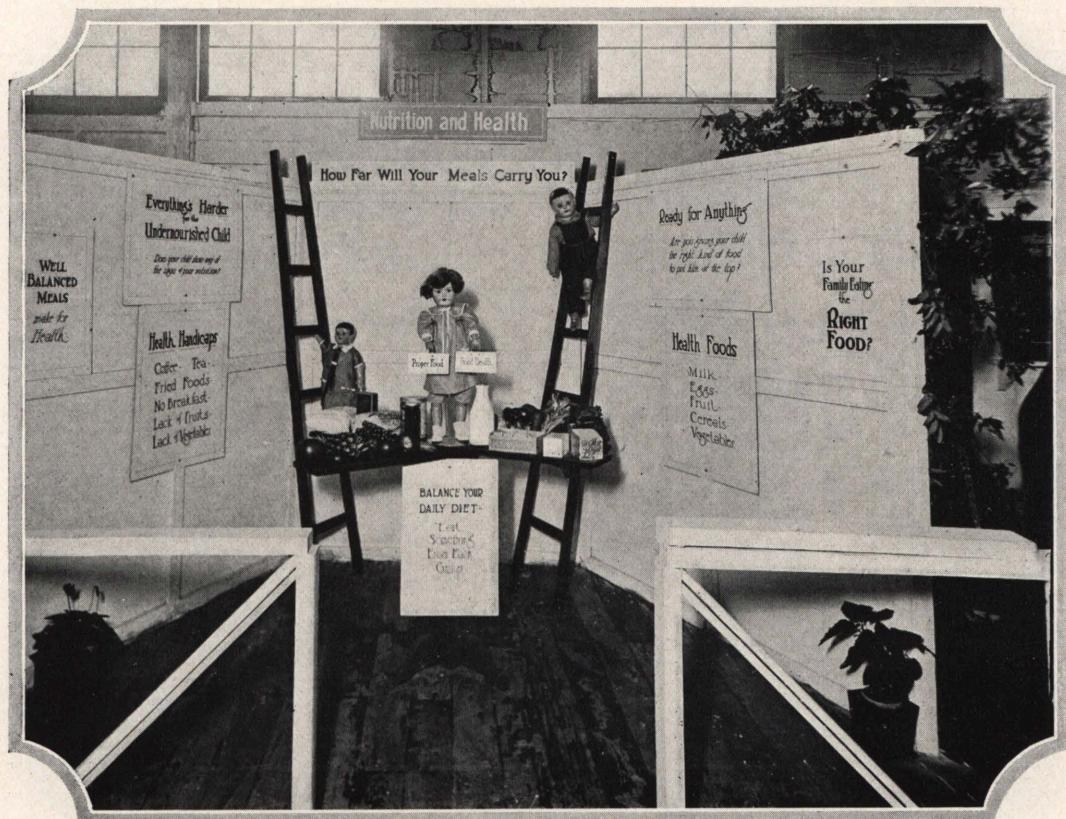
learn what is being done and they cannot help but be impressed with the evidences of agricultural possibilities. Very often it is through visits to the fairs held in the state that visitors eventually become permanent residents.

Aside from the many community and county fairs held in the state each year there are two large fairs, the one held in Jacksonville in November, known as the "Florida State Fair," and the other held in Tampa during the month of February, known as the "South Florida Fair and Gasparilla Carnival." These institutions are worthy of very high commendation and they are lending a helping hand in making a greater and better state, not only agriculturally but in many other ways.

The Florida exhibits that have been sent to Madison Square Garden, New York, and Toronto, Canada, have met with very favorable comment and attracted a great deal of attention.

More attention is being given to exhibits by extension workers to try to make them more educational each year. The exposition managers are becoming more interested in this department from year to year. They are making the work more worthwhile to home demonstration club members by putting up good premiums for their club work. They consider this department one of the most educational and worthwhile.

When it is realized that visitors usually spend on an average of one minute at each booth, exhibits should be made so interesting that even the casual observer will stop to study them. Exhibits with motion always

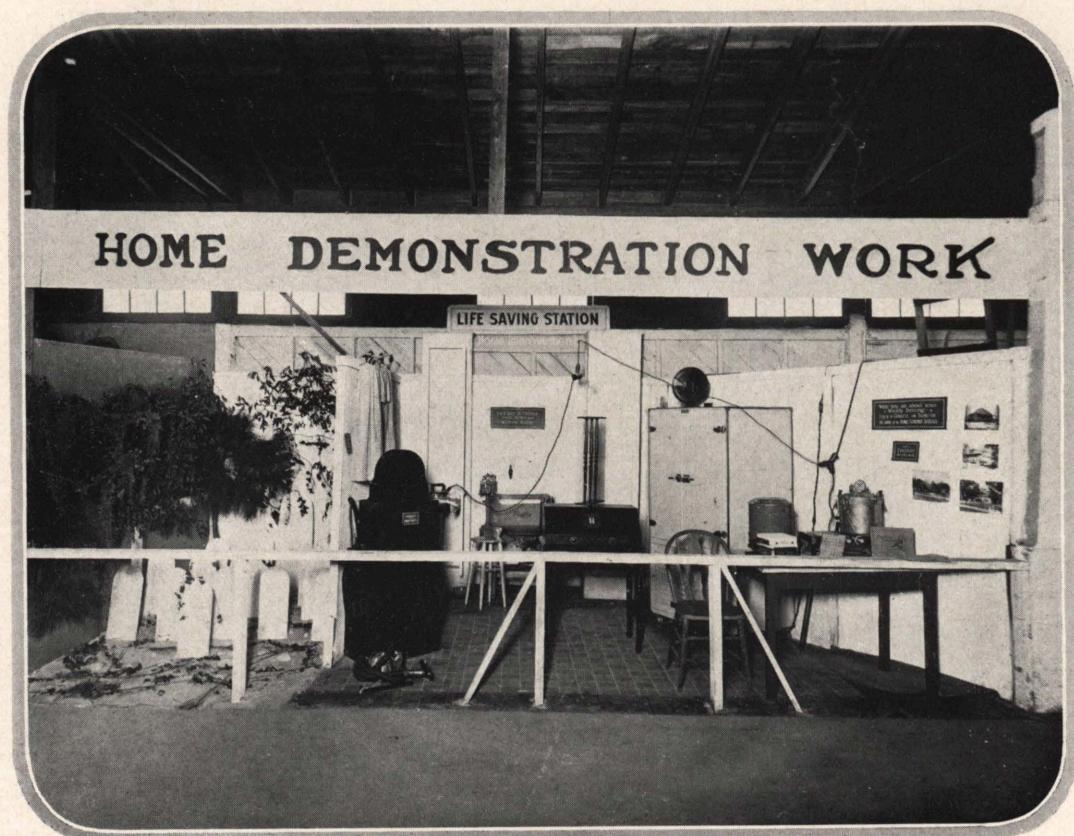


attract much more attention than one that is absolutely still and motionless. At one of the fairs held in the state recently there was a striking device used to illustrate the difference in the strength and muscle of a boy who drinks coffee, one who drinks tea, one who drinks cold drinks and one who drinks milk. Four boys were stationed on a circular revolving platform. Each boy was holding a mallet in his hand and as the platform revolved each one would strike a weight and try to drive it up to the top of the pole and ring the bell. Crowds were gathered around this exhibit at all hours of the day, both grown-ups and children were very much interested and they understood very readily the object of the device.

Another exhibit which splendidly illustrated the value of a well-balanced diet for the growing child, is shown in the picture on the preceding page. This was exhibited at the Jacksonville Fair, fall of 1925.

The well-nourished girl in the center shows that proper foods, together with good health habits, will make a well, strong and healthy child. Everything is hard for the undernourished child and he is not able to climb as high, nor with as much ease, on the ladder of life as the child who eats plenty of good fresh fruits and vegetables and drinks plenty of milk. In other words, the child who has the well-balanced daily diet is the child who is able to forge ahead and make his mark in the world while the poor little undernourished child finds everything harder and not even half a chance.

The "Life Saving Station" is an electrically equipped kitchen where work is made lighter and everything made easier for the housewife by using electricity.





(1) Hazel Tipping with her canned products. (2) Conservation Booth, Jacksonville Fair, 1925.



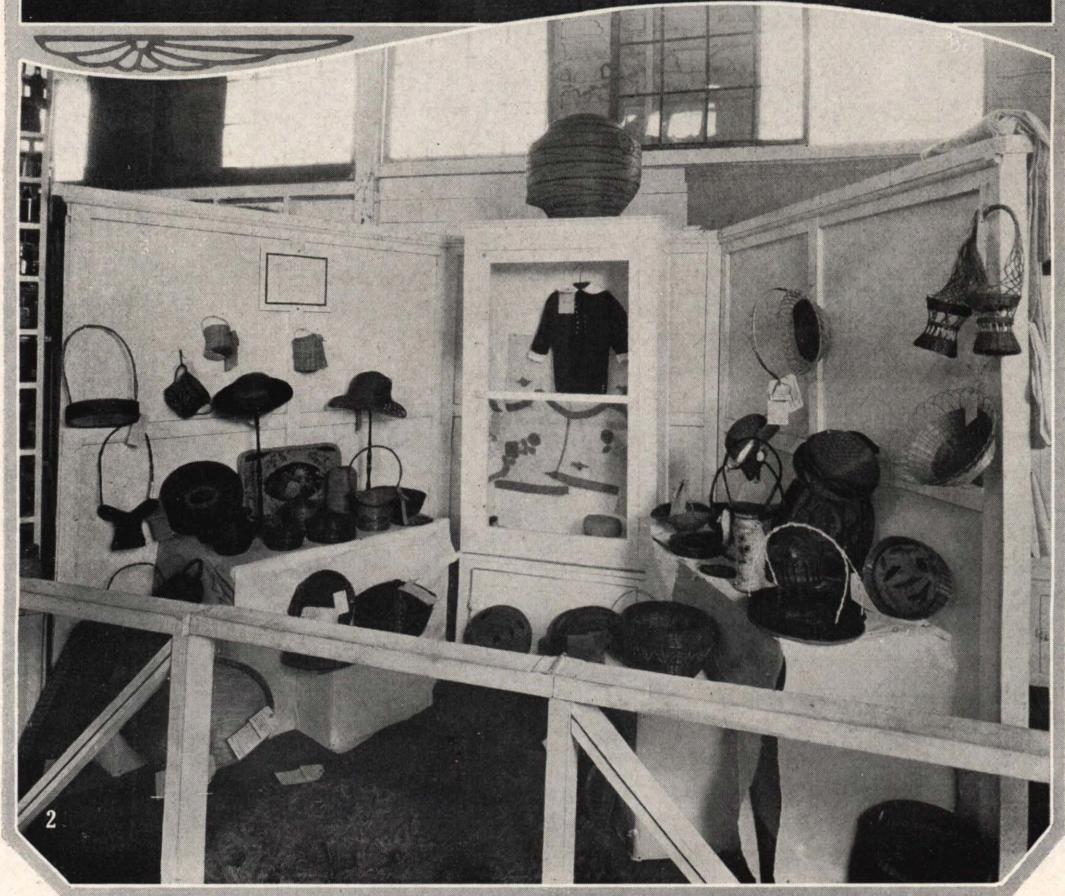
(1) Home Demonstration girls learn to make their own clothing. The picture shows some of the well-made garments on display at the 1925 Florida State Fair. (2) State-wide food conservation exhibit at the Tampa Fair. One of the most attractive exhibits of its kind in the South is the work of the Home Demonstration Club girls and women of the state of Florida. Not only do they show quantity, but a very high quality is shown in their conservation work.



(1-2) "Use More Milk" is the slogan used in the Health and Nutrition Exhibits at the South Florida Fair.



1



2

(1) Many phases of Home Demonstration work are very hard to exhibit, but in the accompanying picture of a general exhibit conservation, basketry, millinery, thrift, rag rugs, sewing and picture frames can be seen, but there are many, many more phases of the work which cannot be exhibited. Tampa, 1926. (2) A display of hand-made baskets and many other useful articles at the State Fair in Jacksonville. This is the work of the Home Demonstration Club members. Most of the articles in this exhibit are made from the native materials of Florida, such as pine needles, wire grass and honeysuckle vine. 1924.

Right next to the "Life Saving Station" you will see a cemetery, "Sacred to the memory of countless women who died of overwork from lack of conveniences." Some of the epitaphs read as follows:

Here lies the body
of
Mary Mitchen
Who died carrying water
From well to kitchen.

—
Here lies the wife of Hiram Green,
Whose hubby wouldn't buy her a washing-machine,
But now that her life over a wash-tub she has spent,
He hastened to buy her a monument.

—
MOTHER
Carrying buckets of water each day
Washed dear Mother to Heaven away.

—
Here lies the wife of Solomon Penn,
Died doing the weekly wash for ten.

—
In memory of Hetty Burk
Who died of overwork.

CONTESTS

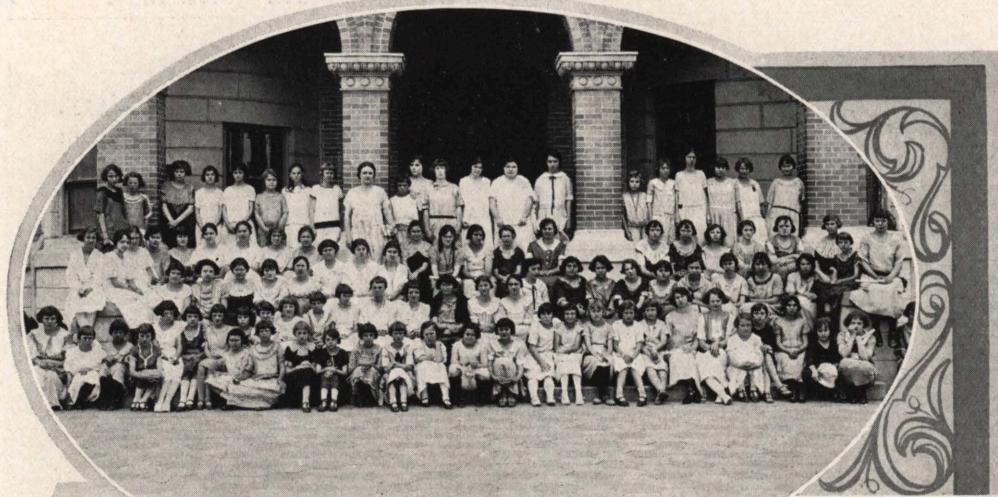
At the close of the club year, each home demonstration agent is requested to hold a county contest for juniors. At this time each club member is required to give the history of her year's work and to hand in the record book that she has been keeping during the year, also to make an exhibit of the work she has undertaken.

County-wide campaigns are usually brought to a close on this day. Judges decide on the prize winners of the county from the records and exhibits displayed and premiums are awarded to the club members making the highest score in the different phases of home demonstration work.

A program is given in the morning where club members and leaders participate. Besides the display of exhibits, canning and judging teams, bread-making, health and dress contests, pageants, plays, parades and singing of club songs and giving of club yells are part of the day's program. In the afternoon some form of amusement is provided for the entertainment of the club members.

The club conforming to the following twelve requirements is considered a standard club and on contest day is awarded a standard club certificate:

1. Minimum of five members.
2. Minimum of nine meetings.
3. Average of 80% attendance at meetings for the year.
4. 80% of members handing in complete record books.
5. 60% of members exhibiting at contest.
6. Officers of the club to collect record books from members and to assist in filling in secretary's book.



(1) More than one hundred club girls exhibited and attended the Suwannee County Contest held in Live Oak.
(2) Maitland Club, Orange County. (3) Two hundred and twenty-five Pasco County club boys and girls in the Home Demonstration Club parade at Dade City on Contest day.



(1) A Home Demonstration exhibit on display at the Marion County Fair. (2) Orange County exhibit at International Exposition in Toronto, 1925. Orange County has exhibited for two years at the International Exposition. This year one million people visited this booth; people from almost every country attended and were interested in Florida. The preserved and canned exhibit was put up by the girls and women in the home Demonstration Clubs of the county, under the direction of Mrs. Nellie Taylor, County Home Demonstration Agent.

7. All organized clubs to secure their own membership and revise the club enrollment for the year.
8. Club to hold annual election of officers in December or January.
9. Club to show reasonable profit and material results by majority of members.
10. At least one member to attend some county or state club meeting during the year—camp, annual rally, or short course.
11. 80% of members shall be up to average weight for height and age.
12. Each home demonstration club, after being standard for one year, must develop demonstration teams from second, third and fourth year members, and third and fourth year members must develop judging teams for local use, at least.

Although the goal is high, a number of standard clubs are in existence today among the home demonstration clubs of the state. The Secretary of the Maitland girls' club writes as follows:

"The Maitland club of Orange County was organized five years ago with only four members, but as the number increased in school our club membership increased until the past three years we have had a membership of twenty girls.

"The second year of our club the girls gave a play and with the proceeds from this play bought a sewing machine. Each year the girls have a flower garden in the school yard.

"We have girls doing first, second, third and fourth year club work. This includes gardening, canning, poultry-raising and sewing.

"We meet twice a month during our school term with home demonstration agent and have many all-day meetings during the summer at which time we have canning demonstrations.

"Every year at the contest and fairs our girls bring in their exhibits and record books. For the past three years our girls have been one hundred per cent in these exhibits and we are very proud of the distinction of being the best standard club in our county.

"In addition to our regular club work for the past three years we have been helping others. The first year we pieced and quilted a quilt and sent it to the orphanage at Benson Springs. The next year we played Santa Claus to a family of six, giving them clothing, blankets, sheets, pillow cases, toys, candies, nuts and fruits. Last spring we gave thirty-eight garments to the Benson Springs orphanage."

The home demonstration course for girls consists of four years of work. When a girl has completed this course she is awarded a certificate by the Home Demonstration Agent. The record books kept by the County Home Demonstration Agent are the basis for accrediting club work when issuing certificates for the completion of the four years of satisfactory work. Two hundred and eighty girls received these certificates in 1925.



Manatee home demonstration club girls who have completed four years of home demonstration work. These girls are shown wearing the club graduation dress. The making of a graduation dress is one of the problems of fourth year sewing program.



SEWING EXHIBIT, MANATEE COUNTY CONTEST

Contest day in the county brings before the public in a certain measure the work that the home demonstration agent and club members, both juniors and seniors, are trying to do in the thirty-one counties in the State of Florida which make appropriation for home demonstration work.

INDIVIDUAL STORIES OF SUCCESSFUL CLUB GIRLS IN NORTH FLORIDA.

Pearl Tyner, Laurel Hill, Route 1, Okaloosa County, was awarded a diploma for completing four years' home demonstration club work. She continued to do poultry and canning work this year and canned 200 quarts of products. A selection of her products is on exhibit at the office of the Okaloosa County Chamber of Commerce, showing what can be grown and put up on a farm. Pearl was awarded the scholarship to the state short course for two years, and last year, in addition to the scholarship, was awarded twenty-five baby chickens for her poultry club work. The home demonstration work she has done is four years' sewing, five years' poultry, and three years' canning. Last year at the county contest there were 56 varieties of products in her canning exhibit. She has been in the state health contest for two years.

Pearl graduated from the Laurel Hill High School this summer and enters the Florida State College for Women this term where she will work her way through college as she was awarded a four years' dining-room scholarship. She wants to be a home demonstration agent and hopes to complete her college course in three years by attending summer school.

Thelma Goodbread of Columbia writes of her benefits from club work as follows:

"In the late fall of 1920, I first joined the club. Miss Marie Cox was then home demonstration agent. My projects for the year were gardening, canning and sewing. At that time I knew nothing whatsoever about any of the work and to be perfectly truthful joined only because others were joining.

"A very pleasant and profitable year followed. Once each month a meeting was held. I was president of the local club. Between these meetings we did lots of work.

"At the end of six months we had a big rally day in Lake City. At that time I saw only a day of fun after hard work. Now rally days seem very different and mean much more to me.

"In June we had a club camp which I enjoyed very much. At our fair, to my surprise, the judges compared my work very favorably with that of other girls, giving me first prize in canning, which was a trip to the short course valued at \$20.00; first on soup mixture, \$1.00; first on fig preserves, \$1.00; first on grape juice, 50c; a total of \$22.50. For the year I banked over \$20.00 tomato sales, raised 1,000 pounds of tomatoes on the tenth acre and canned a year's supply of fruits and vegetables. The net profit for the year was \$60.00.

"In the spring of our second year I attended the club short course held at Tallahassee. It lasted ten days, during which time a wonderful program of work and play was carried out.

"My projects for the year were again canning, gardening and sewing. These three I have carried through my entire club course.

"This year my prizes were first in canning, trip to the short course; first, girls' club exhibit, \$5.00; third, exhibit of four kinds of jelly, a ribbon, and second on club apron and the same on dress, both prizes being ribbons.

Total value of prizes, \$25.00; net profit, \$75.00, and 1,200 pounds of tomatoes used from one-tenth acre.

"In judging for state canning champion my record book was the best, story best, and profit third best.

"The third year I was again elected president of our local club and at our short course the county report was given by me; also I had made the best record in sewing, with over twenty garments for the year. At our rally day the other girl who attended the short course and I gave a canning demonstration.

"Just in time for our fall contest Mrs. Grace Warren took Miss Cox's place as agent, Miss Cox having gone to take up the work in Lake County. In this length of time club work had come to mean much to me, and although ready for high school, which would necessitate my being away from home all of the time except one week-end per month, for the school year, I wished to continue being a club girl.

"At our fall contest the judges again awarded me first prize in canning which was another trip to the short course. Still my record came up to our club motto, 'To make the best better.' My yield for the year was 1,500 pounds of tomatoes, with a profit of \$80.00.

"This year at Tallahassee I was elected vice-president of our state club girls' council. At our annual camp in June a junior county council was organized and I was elected president.

"At our annual contest I won first place in canning, the prize being a scholarship to the short course. Then our county sent two club girls to the State Fair to enter a canning contest. We won first place in the contest for demonstrators. In February of the next year I entered the dress parade at the South Florida Fair and won third place of \$10.00.

"The girls attending our state short course were increasing in number each year. My first year there were about eighty and this year four hundred and ten. At our annual election of officers I was elected president of State Junior Home Demonstration Council.

"During our state short course held in Tallahassee a canning contest was to end a state-wide year's contest for a girl to attend the International Club Congress in Chicago held during the Livestock Show and Exposition. Beulah Felts of Manatee County and I tried for first place. It was decided that we should work on through the summer and the girl making the highest record at the end of that time should win the trip. In the end Beulah won. However, I entered the contest for the best all-around club girl in the state and won first place, which entitled me to a trip to the Congress in Chicago.

"In the summer of 1925 Mrs. Warren, our County Home Demonstration agent, left us, accepting the work in Alachua County. My life was tied up in the work more than ever. Then I was planning to enter college in the fall of '26, so decided it would be best not to take any more club work.

"However, after my trip to Chicago, I had to, just had to, keep on until time for me to leave for college.

"In Chicago we had a wonderful time. It was educational as well as entertaining. That one trip alone was worth working four years for, had I never won any other prizes.

"The day of my return I met Mrs. Mary S. Shook, our new home demonstration agent, and more firmly decided to continue in the work till the last minute.

"This year I have done more council work than anything else. I truly feel that this work has been of more help to me than all the actual club work for five years. True it is that the day I joined the club I could hardly thread a needle, neither could I garden, cook, or can. Now I can do all of these besides many other things learned through the work. It is also true that when I started council work I could not talk in public. Neither was I at ease in a crowd. I knew nothing about parliamentary laws or rules. Now I feel that when necessary I can talk or conduct a meeting. These things help me more in life than the actual work. All club members should take advantage of any opportunity to do council work. I sincerely hope that by our next short course every county will have an active council.

"For my all-around work as a home demonstration club girl I was given a four-year scholarship to Alabama Polytechnical Institute by a man interested in club work. Florida friends were not willing for me to leave the state, so I was awarded a scholarship to Florida State College for Women at Tallahassee. This scholarship I accepted and intend to take a B. S. in Home Economics, then it is my ambition to return to home demonstration work in the capacity of an agent.

"Club work has meant more to me than anything else thus far in life. Whatever I may attain in future life I attribute to club work, council work, my good leaders, and the people who make the work possible.

"After six years in the work I feel that I can enjoy to the fullest extent the rest of my life by continuing in the cause that has meant so much to me, so I dedicate my life to Home Demonstration Club work. Even though I may not always be doing active work as an agent or leader, it will always mean much to me and I will always do all I can to further the work."

This is the fourth year that Bertie Leah Edge, Silver Springs Club, Crestview, Route 1, Okaloosa County, Florida, has been in the poultry club. Bertie Leah and her mother are partners as it is not convenient for them to keep their chickens, White Leghorns, separate, so they keep a record of the expenses and profits and Bertie Leah puts down one-half of it in her record book and her mother takes the other half. The father takes an interest in the chickens, too, and before they started in the poultry business in earnest he took Bertie Leah and her mother to see several poultry farms, then he built them a poultry house, using the lumber from an old tenant house. They bought an incubator and some purebred White Leghorn eggs to set, and when a poultry farm was sold out nearby they bought two second-hand

incubators, making three incubators that they used for hatching. They have an oil-burner brooder and a coal-burner brooder. They planted six acres in chicken feed, using collards for green feed during the winter.

"For three years Bertie Leah won the scholarship to the State Short Course at Tallahassee. The profits on the chickens the first year helped to buy a Ford car, enabling Bertie Leah and her brother and sister to attend the school at Crestview when the four months' school term was out at Silver Springs. In addition to raising chickens, Bertie Leah makes money in the summer by picking blueberries on the Sapp Blueberry Farm.

"The health of the family has been considered, too. When the health officer visited the school at Silver Springs he found that Bertie Leah had weak eyes and ear trouble. However, when she was examined by a physician to enter the state health contest she had been to a specialist and had these defects corrected.

"Last year the Edge home was put on exhibit "Better Homes Week" because the living-room and dining-room had been painted and fresh curtains made. Those in the dining-room had been dyed blue and the kitchen had been improved so that it won the second prize in the state home improvement contest. Mrs. Edge had made a safe for her dishes herself and had painted the kitchen walls and dyed flour sacks yellow for curtains for the windows and cupboard for pans, making a step-saving, attractive kitchen.

BERTHA HENRY,

County Home Demonstration Agent.

Lillian Sistrunk says:

"When I was a little girl I felt if ever I was large enough to have a garden, and to have chickens just like Mama, I would be perfectly happy. My dreams are being realized since I am a home demonstration club member.

"This year I have about seventy-five chickens; I have sold about twenty, which brought one dollar apiece. I am planning to keep about twenty hens and one cockerel. I have them in a pen to themselves and find it does not cost very much to feed them.

"This year my garden consisted of beans, peas, tomatoes, turnips, butter beans and English peas. From this garden I sold one hundred and seventy-five dollars' worth of vegetables.

"This is my sixth year in club work. I took sewing for four years, but that didn't mean I had finished club work, for when I finished sewing I did not do as some of the other girls did, quit, but I took up canning, poultry and gardening and like it all fine.

"I have been taught many interesting things in the club work. One thing I have learned—to make the home more attractive with little expense. Many interesting and instructive trips were made while I was a member of the home demonstration clubs. My advice to all girls after having been in the work for six years is to take advantage of the club work offered in their county. I have never been sorry I joined and do not believe they will ever regret joining."



LILLIAN SISTRUNK

RUTH McKEOWN

Ruth McKeown, 14, of Gadsden County was awarded first honors in gardening and canning and second in poultry in her home county in the fall of 1925 when the annual home demonstration contest was held in Quincy. Ruth's exhibit of canned vegetables took second place at the 1925 State Fair in competition with products of women and girls from all parts of the state.

Last year Ruth sold almost \$50 worth of vegetables and chickens. She supplied her family with fresh vegetables and conserved 467 pints of products from her garden and the home orchard. She furnished an exhibit of 40 different varieties of products for the Gadsden County Chamber of Commerce.

At the beginning of 1926, Ruth started her year's work with vim and determination to win, not only for the sake of the prizes she might win, but for the training and the joy she would get from club work.

Her spring and summer gardens have been fine and she conducts a fall garden. Her record up to date shows over 500 containers of products conserved from this year's vegetable and fruit crops and she says she has much yet to save, including meat products.

One of Ruth's new ventures is soup mixture. She canned 60 No. 2 cans of this very delicious product and sold it all immediately. Her customers are well pleased with this as well as her canned peaches, of which she has sold 75 No. 2 cans last summer. In addition to the soup mixture and peaches she has sold fresh vegetables, chickens, eggs, canned tomatoes and other products, from all of which she has made quite a neat little sum to apply toward her education.

Recently she sent 12 pints of canned vegetables to the Chamber of Commerce for exhibit purposes. This year she raised 96 chickens and is also carrying the regular sewing program for club members.

At the Girls' Short Course, held at the Florida State College in June, there was no girl more eager to take advantage of all opportunities offered and to enter with good club spirit into all the activities. She was elected treasurer of State Home Demonstration Council, which met in Tallahassee during this time.

Ruth is in the tenth grade at school. Although she is small she is well and is interested in keeping well. During the school year she drinks extra milk because she has noticed that she loses weight when she eats a cold lunch and walks the two and one-half miles between home and school each day.

Her attitude towards her club and school is splendid. She is a willing worker and has the intelligence, pep and determination to put across whatever she attempts to do. Her enthusiasm is an inspiration to others and her desire and eagerness to do well all tasks assigned her makes Ruth a much desired club member.

Hazel Ruth Tipping, a fourth-year club girl, started work in the fall of 1922. During her first and second years she took up sewing and cooking under Miss Lafitte, the county home demonstration agent. At the end of her second year she won first place in a biscuit-making contest.

Her third year she carried on the regular sewing and cooking projects and added to these canning, filling over seventy-five containers and exhibiting fifty-six of these at the Florida State Fair. For her excellence in third year sewing she was awarded a scholarship to the Girls' Short Course in



MISS ETHEL HOLLOWAY.
Santa Rosa County Home
Demonstration Agent



Ruth McKeown, Gadsden County club girl, with
her prize-winning exhibit at State Fair,
Jacksonville, Florida, 1925.

Tallahassee. With Coletta Ridenour, another prize-winning girl, she entered the canning contest at Short Course and they came out third, each winning a silver. Hazel was also selected from the Duval County girls to represent the county in the health contest. During the fall of 1925 Hazel and Coletta gave hot-pack canning demonstrations which were much enjoyed by the women at each of the Southside Senior Clubs. At the State Fair the girls again demonstrated canning and here won first prize. Hazel was in the dress parade wearing clothing she had made, and accessories she had chosen. For her excellence in canning as well as sewing Hazel again won a scholarship. Last winter when tourists were flocking to Mandarin for citrus fruits, Hazel sold at her grandfather's grove enough citrus marmalades, guava jelly and candy to buy a winter coat and hat.

In April, 1926, Hazel was chosen along with six other outstanding Florida girls to represent home demonstration activities at the meeting of the General Federation of Women's Clubs in Jacksonville. Hazel is finishing her fourth year sewing, has done very creditable food and nutrition work, and is canning whenever she can get anything with which to work. She has had a very nice garden of peppers, peas, beans, corn, cushaw and tomatoes. She has helped her mother considerably in caring for their flowers. Mrs. Tipping grows and sells beautiful roses and sweet peas in their seasons.

Again for the 1926 Short Course Hazel was chosen to represent Duval County in the health contest. This year she tied with Roberta Shepherd of Lake County for second place with a score of 97%. With Gretchen Wing for a team-mate she gave a demonstration of pumpkin canning on Conservation day.

Hazel has been an energetic president of the Mandarin club; under her leadership the school fence and outbuildings have been whitewashed, canning equipment has been purchased, the gardening and poultry clubs have grown and the Mandarin Club, though small, has been very active.

Aside from her club work Hazel is an active worker in her Church and Sunday School.

Next to the last year Miss Ethyl Holloway of Santa Rosa County was in college, she found herself hesitating to register for another year because "the family coffer" was empty and there were five others to educate. Where the necessary funds were to come from was a question until one day the thought suddenly occurred to her that if she could furnish the college its canned tomatoes for another year she could return next year. She launched herself on her first business venture the next day when she took her plan to her college president, who quite readily agreed to make necessary arrangements.

She wrote her father to plant tomatoes for her—it was then late in April, and he planted less than an acre. There was no demonstration agent to direct or suggest and many primitive methods of cultivation were used. Miss Holloway hand-picked the bugs from the vines. In August they were ready for canning and an old-fashioned soldering canning outfit was used. Nearly 400 gallons were canned for the college and a little more

than 200 No. 2 cans for the general public. Many, many were sold fresh from the vines and enough money was made to return to college.

The lowly tomato opened college doors and college training has opened many doors, given open sesame to homes of high culture, made it possible to hold responsible positions; in fact, the tomato has been Miss Holloway's Aladdin's lamp. Miss Holloway is now home demonstration agent of Santa Rosa County.

SCHOLARSHIPS

Three hundred and sixty-five outstanding club girls, representing the thirty-one counties doing home demonstration club work in the State of Florida, were awarded scholarships to State Short Course for prize-winning club girls, held at the Florida State College for Women in Tallahassee in June. Traveling expenses to and from Tallahassee with all other expenses incurred while on the trip are included.

These scholarships are given by county school boards, county commissioners, civic organizations, women's clubs, bankers, merchants, and interested individuals. In a number of instances the girls themselves are so anxious to have their clubs represented at the State Short Course that they provide their own scholarship, making the money in various ways.

Four counties in the state have become so interested in extension work in home economics that they have appropriated for full scholarships for training in home economics at the Florida State College for Women. Orange and Palm Beach counties have appropriated for one scholarship each, Hillsborough County two, and Dade County five.



FANNIE PILKENTON, Marion County,
who won a scholarship to State Short
Course on her excellent canning work.



(1-2) A group of women and girls making baskets as taught at club camps. (3) Duval girls working on their club cap and apron emblem. (4) Club girls of Duval learning to make baskets at the Home Demonstration club camp.

HOME DEMONSTRATION CLUB CAMPS

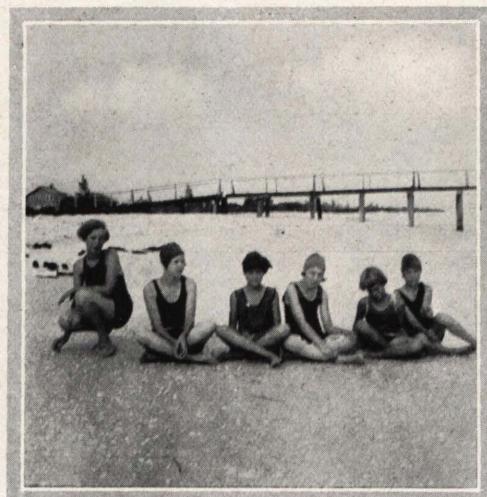
Throughout the State of Florida each year home demonstration club camps are held for club members who have been enrolled in home demonstration clubs and carrying some phase of this work throughout the year.

The aim and purpose of these camps is to train for citizenship, and to train for citizenship it is necessary to develop club members from a physical, intellectual, spiritual and social standpoint. The motto and emblem both indicate this. The motto, "To Make the Best Better," applies not only to the work undertaken by club members, but also to the individuals themselves. The emblem, a four-leaf clover with the letter H on each leaf, stands for the systematic training of the head to think, the hands to execute, the heart to feel and the health to resist disease. It has been the tendency to get away from the spiritual things and become too absorbed in material things, and so the leaders in home demonstration club work have realized this fact and for a number of years have been planning ways and means of developing the social and spiritual natures of club members and giving them the four-square training necessary to home life and citizenship.

Camps originated in 1914 with a county agent, J. V. Shipman, Randolph County, West Virginia. Mr. Shipman was seeking the 4-H development of his club members. The idea proved such a good one that his state adopted the plan and other states soon followed.

Many things have to be considered in conducting a successful club camp. Among the most important items to be considered is the camp-site, water supply, buildings, transportation, instruction, recreation, food, etc.

Most of the summer club camps held in Florida use cottages at the different beaches, college camps, college buildings, Y. W. C. A. camps, government buildings, or privately owned camp-sites, using cottages for sleeping quarters and pavilion for instruction and recreation. There is one permanent camp-site in the state at the present time. A number of counties are planning, however, to purchase a place where they can hold their camps annually.





(1) Pasco County girls find diving and swimming great sport at their camp held each year at Port Richey.
(2) All in line and ready for a good swim in Lake Midget, Polk County. (3) One for the money, two for the show, three to make ready and four to go. Leon County Club girl campers at Flastacowo are always ready to "go"—swimming.

Local organizations, such as chambers of commerce, women's federated clubs, county commissioners and school boards, as well as individuals, usually assist the home demonstration agent in furnishing transportation for club members. They meet at the home demonstration agent's office and leave at a stated time for the camp grounds. It is rather a familiar sight during the summer to see a school bus, loaded to its capacity with happy, care-free girls singing their club songs and giving their club yells, wending its way to the club camp. These girls have been working and looking forward to this eventful day since the beginning of the year as a reward for having their club work up-to-date.

The personnel of the camp instructors consist of state leaders, specialists from the College, local people who are in sympathy with child life, trained recreational leaders, and home demonstration agents.

In many counties in arranging for food supply a small fee has to be charged for each camper. If a charge is made sufficiently large the campers do not furnish any food, but in many cases the girls have fresh vegetables, fruits, butter, eggs and chickens at home and a greater number are able to attend if the smaller fee is charged, they are allowed to bring part of their food from home. Since there are a great many expenses attached to camp life, not included above, such as ice, milk, cook hire, fuel and other miscellaneous expense, the county boards usually are generous in helping the agent to finance the camp and making it possible for the children to receive the proper food while attending camp.

Many and varied club activities are indulged in by the campers. Hand-crafts are taught the girls and women, such as basketry, made of the native materials, lamp shades, nature study, hand-made handkerchiefs, passe partoutted pictures, handbags, and at one camp the girls made the club emblems for caps and aprons.



Well-Balanced Meals Are Served at Home Demonstration Club Camps.



(1) Recreation has its place on each home demonstration camp program. Children are taught to play together in the wonderful out-of-doors. (2) District agent checking up on the daily health habits of the club girls at Santa Rosa County Club camp. (3) Duval County campers in line for their mid-morning glass of milk. (4) Duval County group leaders—Home Demonstration Club camp held at Camp Johnston in 1926.

Though each day may have its special features, the same general schedule is followed each day during these camps, but the play spirit so pervades it all and the pleasure of those in attendance is so great that these camps are very often spoken of as "recreation camps."

The camp in Hillsborough County was the first camp in the state to be held for girls and boys. The suggestion for such a camp was taken from the report made by the state agent of West Virginia at the annual meeting held in Washington in December, 1918. It seemed a large undertaking, but believing that what could be done elsewhere could be done in Florida, plans were made for the camp. Club members attending the camp brought a certain supply of staple foods, and paid 25 cents each. The board of county commissioners made an appropriation of \$60 to supplement what club members provided. This proved ample.

The camp was held at Lake Wimauma. The use of a dining-room and kitchen, built by the lake-side for the use of camping parties, and the sleeping quarters of a nearby camp meeting ground added greatly to the comfort of the campers.

Instruction given during the morning consisted of lessons in basketry, first aid, personal hygiene, and other kindred subjects.

Swimming hour for the girls, followed by swimming hour for the boys, preceded supper. Supper was followed by the camp fire, the crowning event of the day. At this hour the camp assembled around the blazing logs and the hour was filled with songs, stunts, games and a "good-night" talk.

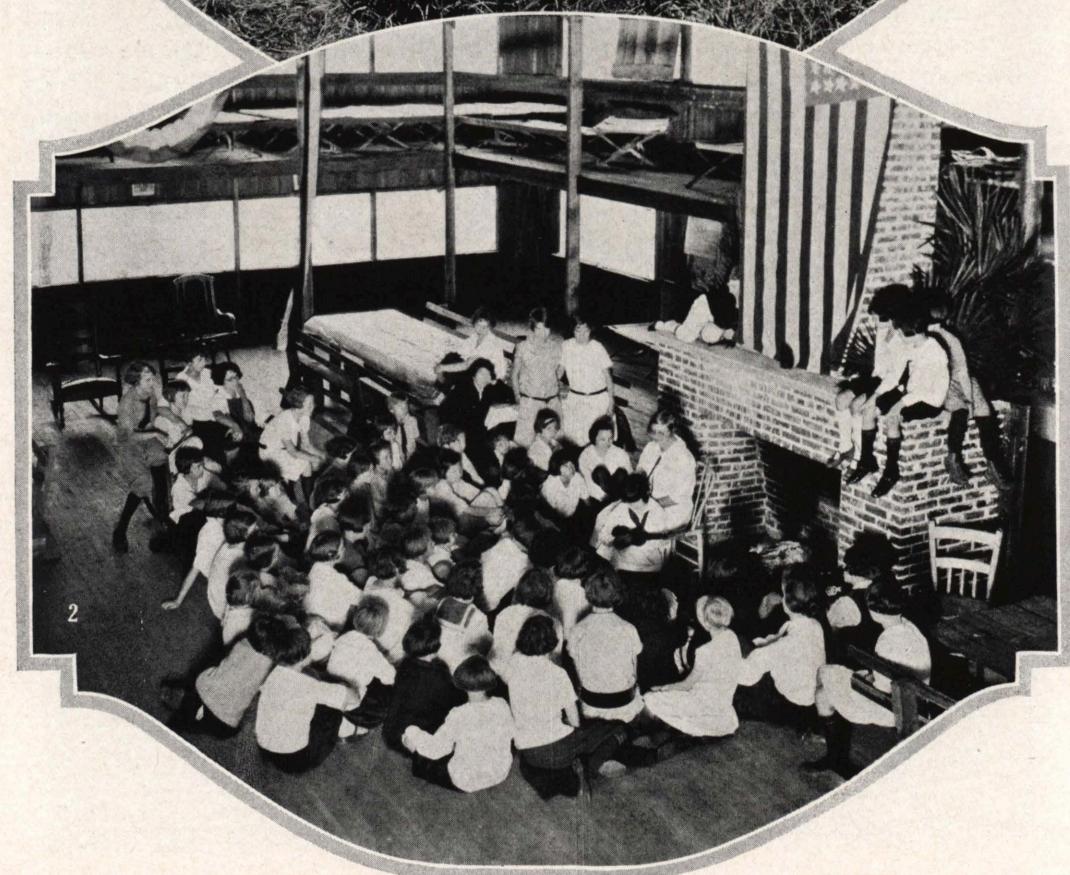
Club members look forward with a great deal of interest to the "morning dip." In fact when asked to tell what part of the camp life they enjoy most, almost invariably they will with one accord answer, "swimming."



Some of the Home Demonstration Club campers of the State of Florida enjoy their daily plunge in the Gulf of Mexico, some in the Suwannee River, others in the beautiful lakes and wonderful streams of the state, but the St. Johns County girls enjoy their swim in the glorious Atlantic.



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(1) Camp Miller, the only permanent camp-site in the state, was built in the summer of 1922 by the Polk County Federation of Women's Clubs on a site given by Mr. J. T. Miller. The house was built under the supervision of Miss Mosel Preston and from plans drawn by Miss Lois Godbey, Home Demonstration Agents. It has been occupied by 650 girls and about the same number of women, attending Home Demonstration camps given there since that time. (2) Interior of Camp Miller, showing a group of club girls gathered around their Home Demonstration Agent.

Daily records are kept on the health habits of each club girl every day she is at camp. Tooth-brush drills are often part of the program of the camps.

Vesper services are most impressive. They are usually held out over the water on the dock or near the water's edge just as the sun is going down. At this time inspirational talks are given and all sing club songs.

The evening entertainments consist of clever stunts, songs and yells by the different groups, moving pictures and good-night stories.

One day is always set aside for "visitors' day," when the parents and friends are invited to come to camp and enjoy the day with club members. General assembly is held each day and at this time outside speakers are invited to talk to the campers, and club members usually take part in the program also. Usually one day at general assembly the junior county council holds one of its meetings, for at this time the entire county is represented and a "peppy" meeting is usually the result.

Eighteen home demonstration club camps have been held in Florida this summer with a total enrollment of 1,200. With all these groups the teaching and practice of the right kind of foods and health habits have been stressed. They were taught to work together as well as play together.

LEON COUNTY CAMP

The second annual Camp of Leon County Home Demonstration Club Girls was held at the College Camp, Flastacowo, on Lake Bradford, June 30th-July 3rd.

There were forty girls in camp representing eleven different communities.

Flastacowo Camp is ideally located five miles from Tallahassee, near enough to get ice and milk daily, and far enough to keep the girls from wanting to go to town.

Each girl brought a dozen eggs and vegetables from her garden and a dollar which helped to pay expenses. The county commissioners gave \$100.00 for the camp.

Classes in nutrition and personal hygiene were held each morning.

Each girl made attractive little hand bags, also decorated oilcloth mats which were used on the tables during camp. Table serving and table etiquette were taught.



Lee County Camp Site, Sanibel Island.



Group of Camp Instructors.

ST. JOHNS COUNTY CAMP

St. Johns County club girls enjoy their annual camp on Anastasia Island during the month of July.

The girls rise each morning at 6 a. m. and have setting-up exercises and a dip in the ocean and are ready for a substantial breakfast of fruit, grits, eggs, bacon, bread and milk by seven o'clock. Putting the camp in order follows, and then comes two hours of instruction in home improvement where they learn to make many attractive articles such as curtains, cushions, doorstops, vases, etc.

The county nurse makes a visit each day and gives instructions in first aid, and health rules are learned. All are weighed and measured and the underweights given extra milk.

The evenings are devoted to entertainment, the girls showing a great deal of talent and resourcefulness in getting up most entertaining stunts on short notice.

The club members look forward to camp time each year, for it brings not only good times but an opportunity to learn to make many useful and attractive articles.

LEE COUNTY CAMP

The big events of July were the camps for club girls and women. On the 6th of July, thirty-eight girls, the school nurse, the Home Demonstration Agent and the three instructors left Fort Myers on the boat "Gladys" for a four days' encampment on Sanibel Island. Lessons in swimming and life saving were given twice a day by the recreation director of Lee County Welfare Federation. A number of girls won honors for their achievements and will work for life-saving certificates.

Health and nutrition work made up a large part of the program. Each girl was weighed, measured, and examined the morning the camp opened, and again on the last day. The nutrition director, Mrs. David Chidlow, had



St. Johns campers in line for dinner. Camp meals are usually served cafeteria style. Club girls take their turn in serving camp meals. Each group has a chance to show its skill in serving a large number.

a conference with every girl, dealing with individual problems. Each girl was given a card and instructed how to keep it.

Basketry, nature study, shell collecting, and home improvement filled every working hour. Songs, games, and recreation, directed by Miss Carrie Scandrett, were important features of the program.

Following the girls' camp was the first woman's camp for Lee County. Twenty-five women representing six clubs were present. A course in interior decoration was given by Mrs. Hess of the Lee County High School Home Economics faculty. Each woman made a color scheme for her own home, and a notebook for future reference. Lamp shades and fire screens proved interesting to all of the women. This work was very ably given by Mrs. Henry Donaldson of Tampa. The women enjoyed her work so much that they would not stop long enough to rest. A large number of lamp shades of various kinds, telephone screens, and a fire screen were made.

The women were as deeply interested in the daily talks on health and food habits as they were in lamp shades. Each woman requested a private conference with Mrs. Chidlow, who so ably gave this work.

They showed almost as great enthusiasm in the songs and games as the girls.



(1) A group of Lee County club girls at Tallahassee for the State Short Course.
 (2) Orange County State Short Course Scholarship girls leaving Orlando for Tallahassee.



MARY ADAMS STENNIS,
M. A. George Peabody College, Nashville, Tenn.
Nutrition Specialist, Home Demonstration Department,
Florida State College for Women.

NUTRITION PROGRAM, HOME DEMONSTRATION DEPARTMENT

MARY A. STENNIS, Nutrition Specialist.

Realizing that health is the foundation of happiness and success, and also that proper nutrition is the basis of health and growth, the State Home Demonstration Department seeks to promote not only the increased production of milk, eggs, fruits and vegetables, but also the increased and balanced use of these products in the diet. The girls who are doing productive work—home dairying, poultry-raising, gardening (both vegetables and fruits)—are at the same time learning how to select their products, plan a well-balanced and nourishing meal, prepare the food, and serve it to the family. Furthermore they are learning to check the results; to score themselves and find out whether or not they are, as to health, "normal" or, to use a better term, "natural."

To accomplish this purpose, the State and County Agents are working through girls' and women's clubs and by means of general educational campaigns. The demonstration program for girls includes the subjects of milk, eggs, cereals and breads, vegetables and fruits, their value in the diet and their preparation. The girls' clubs carry out actual demonstrations in nutrition. They weigh and measure themselves, study their body needs, and the value of foods in meeting these needs. The club then assumes the task of bringing its underweights up to the average. All of the club members work in their food study toward the planning, preparation, and serving of meals for the family.

Along with the study of diet, the girls learn that regularity of food and health habits, long hours of sleep, much outdoor life and exercise are essentials of health and growth. Score cards for checking these habits are used with good results. As a climax of this nutrition work, each county chooses its healthiest girl and sends her to the Girls' Home Demonstration Short Course at Florida State College for Women. There the healthiest of the representatives is chosen as "Florida's Healthiest Girl."

The Women's Home Demonstration Clubs are carrying out programs of meal planning and preparation. They are studying diets for children, for families, and for the sick. They are learning the value of more milk, eggs, fruits and vegetables, of a varied and balanced diet, of proper food and health habits. They are therefore producing more of these products and using them more generously. School lunch improvement is also being studied and practiced.

Dairy Record Cards, simple and easy to keep, have been sent out over the state to be kept by club members. These records are not of commercial dairying but of the home dairy cow. The cost of feed used, the value of milk and butter received, the amount of milk drunk by the club girl, and the gain in weight the girl makes each month are the items included in the record. The idea is to see if the cow "pays" both in the matter of dollars and cents and, most important of all, in better nutrition for the girls.

The Nutrition Home Demonstration Program in Florida in 1926 has stressed the following:

- I.
 - (a) At least fifty hens on every farm.
 - (b) Adequate milk supply for the family:
 1. 1 qt. per day for children.
 2. 1 pt. per day for adults.
 - (c) Home garden to meet the need for fruits and vegetables.

II. Food Utilization.

- (a) Study of body needs and food to meet the needs.
- (b) Food values.
- (c) Food selection and meal planning.
- (d) Food preparation and serving.
- (e) Campaign for bringing club members up to weight.
 1. Weighing and measuring club girls.
 2. Milk drinking and use of milk products.
 3. Better breakfasts.
 4. Better food habits.
 5. Improvement in school lunches.

III. The School—a nutrition demonstration.

IV. State Health Contest or checking results of the nutrition program.

FOOD FOR HEALTH.

Girls' Clubs

Girls' Clubs are offered a course in Food for Health. Every girl is expected to know something of food. The requirements are fundamental. Demonstrations are planned and given by the home demonstration agents or by local leaders or by the girls themselves (trained in advance). The suggested programs planned by the State Department begin with simplified lessons on body needs and food to meet these needs. They include food values of milk, eggs, cereals, fruits and vegetables, and food principles involved in the selection and preparation of these foods for the diet. These lessons on food utilization are closely linked with the productive club work—poultry-raising, gardening, and dairying. In fact, "food for health" is the ultimate goal of all productive work.

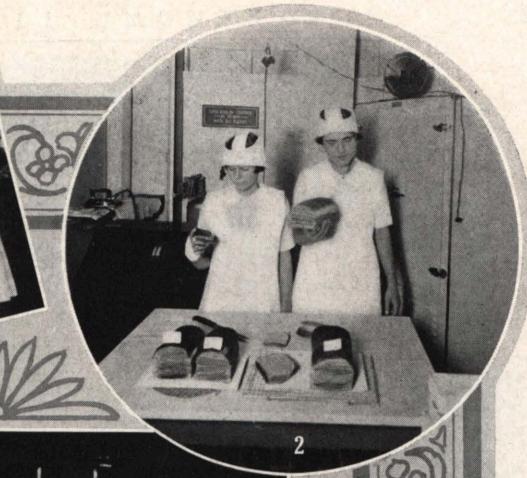
During 1926 special stress has been laid on the need of a quart a day of milk as the foundation for the diet of the growing person. Hillsborough, Columbia, Suwannee, Marion, Lake and Dade counties, among others, have made special demonstrations in the use of milk. They have studied ways of teaching children to like milk, and are planning further for extensive programs on nutrition. The Hillsborough girls who attended State Short Course in June, 1926, returned to their county to experiment on themselves as to "milk for nutrition." The picture shown here would indicate that at least eight have been truly successful in achieving "health" for themselves. Columbia girls are continuing the milk habit and teaching it to representatives from all communities in the county. Suwannee girls who attended the nutrition classes at State Short Course are teaching their clubs to make milk dishes in which they combine milk, eggs, and Florida fruits.

Club girls know that, while Florida fruits are fine and Florida oranges are the finest, orange juice is not a substitute for milk, but a supplement.



(1) Columbia County girls take it straight—just plain fresh milk.
 Here's to your good health and mine,
 To make us grow this milk is fine;
 Now pass around the jolly cup,
 We'll give a cheer and drink it up.

(2) Left to right (standing): Elizabeth Weaver, gained 12 lbs.; Olita Revels, gained 18 lbs.; Annie Vickey, gained 21 lbs.; Ruth Oliver, gained 10 lbs. Left to right (sitting): Gwendolyn Bozeman, gained 13 lbs.; Gwendolyn Parnell, gained 15 lbs.; Ida Hall, gained 18 lbs. All of the above named girls are second and third year club girls. They were all underweight when the Suwannee County Demonstration began on November 1, 1925; five of them were more than 7 per cent underweight. (3) Gwendolyn Powell (left) and Ruth Oliver (right), third year club members, Suwannee County, showing club members how to mix drinks.



(1) These fifteen club girls of Montverde Club, Lake County, are studying foods and their relation to their health. Here they are having a milk lesson. (2) The winning bread scoring team, Florida State Fair, Jacksonville, 1925. Bell Floyd (left), Ione Masters (right), of St. Johns County. (3) Lake County club girls assist in serving a hot dish to school children at the noon hour. This lunch room is under supervision of the Lake County Home Demonstration Department. (4) Milk drinks. The girls are interested in all new recipes on milk drinks. "We like milk plain. You may like milk better camouflaged. Let us make you a drink of Hillsborough fruits and fresh eggs combined with milk."

They have learned that orange juice does supply certain of the vitamins in which milk does not abound, but they know that certain other vitamins are more abundant in milk and lacking in orange juice. They know, too, the mineral, the protein, the fat content of milk and how to teach children to like milk.

Lake County girls have found a use for their food lessons in helping to prepare and serve noon lunches to the school children in several Lake County schools. The little group of fifteen girls holding a demonstration in "milk and its food value" is one of several groups studying foods. Dade County Girls who went to camp this summer have demonstrated the food and health habits learned there.

GIRLS' WORK IN FOODS AND NUTRITION FOR 1927

1. "Foods and Nutrition" will be an elective program. Only the girls taking this course, plus a productive (garden, dairy, or poultry) program will be eligible for entrance to the State Health Contest in June, 1927.
2. School Nutrition Demonstrations include:
 - (a) Weighing and measuring.
 - (b) General physical examination (where physician or nurse can be secured).
 - (c) Nutrition instruction according to leaflets published by the State Department.
 - (d) Mothers' meetings for instruction and cooperation.
 - (e) Checking of food and health habits.
 - (f) Final test in weighing.
 - (g) Tabulation of figures showing results accomplished.
3. School Lunch Improvement has been adopted as special community service.
4. Exhibits, posters, and contests will be used in promoting the idea of "an adequate supply of clean milk for every Florida family" (a pint for every adult, a quart for every growing person, daily).

Eight Junior Home Demonstration girls, who attended Junior Home Demonstration Camp at Miami Beach last May, started out on very strict health rules. These girls have lived up to the following regulations since camp time and are continuing now:

1. 1 quart of milk per day.
2. A cereal for breakfast.
3. No coffee, tea nor other stimulating drinks (Coca-Cola, pop, etc.).
4. No candy, except after meals.
5. Brush teeth three times a day.
6. In bed during school months at 8:30, when outside of school during summer, 9:30.
7. Two green or raw vegetables each day.
8. Some kind of fruit at least once each day.
9. A bowel movement each day.
10. One glass of water before each meal.



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(1) Junior Home Demonstration girls, Miami Beach, Dade County. (2) Group of Arch Creek Home Demonstration girls, Dade County, who have had a quart of milk each day since May 1st, and who say that they do not intend to give it up.

These girls are all normal weight except three, who are between two and three pounds overweight. In every case in the beginning they were at least five pounds and some much more underweight, except four, who were five or more pounds overweight.

St. Johns County, among others, has made a specialty among third-year club girls in Better Bread. The winning bread-scoring team at the Jacksonville State Fair in November, 1925, as shown in the illustration, is one of many who have had training in "Better Bread" all over the state.

NUTRITION REPORT OF DOROTHY JONES, NEWBERRY, ALACHUA COUNTY, FLORIDA.

I weighed 105 lbs. and was 5 ft. 7 in. tall when I left Gainesville June 12, 1926, to attend the State Short Course at Tallahassee.

I had always been thin and pale, and thought it was natural for me to be so, therefore I was not much concerned about it. One day while there Miss Stennis, the Nutrition Specialist, showed us some rats. One pen of these rats had been fed milk and vegetables, and they had nice sleek coats of hair, and were spry-looking and good-natured. Another pen had not had milk, and they were much smaller, had short ugly hair, and were nervous and fidgety. Another pen had had some milk; these looked very much better than the ones that had had no milk, but did not look as if they were intended for the same animals as the ones that had had plenty of milk and vegetables.

I had never liked milk, but decided if it had that effect on rats I would try drinking it and see what effect it would have on me.

We have always had plenty of milk at home, but only one member of the family would drink it, so I began milk-drinking. We began using more milk in cooking and finally all but one member of the family was drinking milk. We were all underweight and we decided to see if milk combined with our diet of fruits, cereals, vegetables, eggs, etc., would help us gain.

Each one has gained in weight from 6 to 10 lbs. I have gained eight pounds, feel much better, and am getting natural roses in my cheeks.

I have become a local leader in my club and am getting some of the club girls to drink milk. I have set this goal for my club: "Every girl to reach her normal weight and have a few pounds to her credit by the time the next annual Short Course comes around."

In order to reach this goal we are also stressing productive work. My dairy plan has been to improve our cows. I bought some thoroughbred calves and raised them. I have sold some, but have kept the others and now all my cows are thoroughbred. Butter of the best standard for table use has been one of my interests. Twice I have given public butter-scoring demonstrations.

Next to milk and butter come eggs as a nourishing diet. Poultry production is another interest I am pushing. My first year I increased my flock by 20 and the second year by 50. I feed the family first, then sell the surplus at a good profit.

Every girl who believes in better nutrition naturally gardens and cans the surplus for a day of scarcity. Tomatoes, peas, corn, okra, butter beans, and collards have been my crops. I planted tomatoes so they would ripen when tomatoes are scarce. In this way I had a good market and profit. What I couldn't use fresh at home and couldn't sell, I canned. This is my pantry supply:

Tomatoes	550 cans	Figs	20 cans
Peas	30 cans	Plums	5 cans
Soup Mixture	10 cans	Relishes	10 cans
Beans	15 cans	Pickles	50 cans
Pears	40 cans	Jelly and Juices.....	30 cans
Peaches	15 cans		

Financially, I have earned enough to pay my expenses through High School, buying my clothes, books, and incidentals. Being a senior and seventeen years of age, I have started a "Go-to-College Fund."

Mrs. Grace Warren, our Home Demonstration Agent, is helping us by means of demonstrations, instruction at club meetings, and by personal advice. With her help we are expecting to win some of the highest honors given at the State Short Course next year.

DOROTHY JONES, President,
Alachua County Council, Newberry, Florida.



"Milk-Drinkers—Weight Gainers." Hillsborough County group of girls who have made forward marks in gaining weight since attending Short Course, June, 1926. All girls here take one quart of milk each day. They have learned to make attractive drinks, using milk, eggs and Florida fruits.

These girls are all normal weight except three, who are between two and three pounds overweight. In every case in the beginning they were at least five pounds and some much more underweight, except four, who were five or more pounds overweight.

St. Johns County, among others, has made a specialty among third-year club girls in Better Bread. The winning bread-scoring team at the Jacksonville State Fair in November, 1925, as shown in the illustration, is one of many who have had training in "Better Bread" all over the state.

NUTRITION REPORT OF DOROTHY JONES, NEWBERRY, ALACHUA COUNTY, FLORIDA.

I weighed 105 lbs. and was 5 ft. 7 in. tall when I left Gainesville June 12, 1926, to attend the State Short Course at Tallahassee.

I had always been thin and pale, and thought it was natural for me to be so, therefore I was not much concerned about it. One day while there Miss Stennis, the Nutrition Specialist, showed us some rats. One pen of these rats had been fed milk and vegetables, and they had nice sleek coats of hair, and were spry-looking and good-natured. Another pen had not had milk, and they were much smaller, had short ugly hair, and were nervous and fidgety. Another pen had had some milk; these looked very much better than the ones that had had no milk, but did not look as if they were intended for the same animals as the ones that had had plenty of milk and vegetables.

I had never liked milk, but decided if it had that effect on rats I would try drinking it and see what effect it would have on me.

We have always had plenty of milk at home, but only one member of the family would drink it, so I began milk-drinking. We began using more milk in cooking and finally all but one member of the family was drinking milk. We were all underweight and we decided to see if milk combined with our diet of fruits, cereals, vegetables, eggs, etc., would help us gain.

Each one has gained in weight from 6 to 10 lbs. I have gained eight pounds, feel much better, and am getting natural roses in my cheeks.

I have become a local leader in my club and am getting some of the club girls to drink milk. I have set this goal for my club: "Every girl to reach her normal weight and have a few pounds to her credit by the time the next annual Short Course comes around."

In order to reach this goal we are also stressing productive work. My dairy plan has been to improve our cows. I bought some thoroughbred calves and raised them. I have sold some, but have kept the others and now all my cows are thoroughbred. Butter of the best standard for table use has been one of my interests. Twice I have given public butter-scoring demonstrations.

Next to milk and butter come eggs as a nourishing diet. Poultry production is another interest I am pushing. My first year I increased my flock by 20 and the second year by 50. I feed the family first, then sell the surplus at a good profit.

Every girl who believes in better nutrition naturally gardens and cans the surplus for a day of scarcity. Tomatoes, peas, corn, okra, butter beans, and collards have been my crops. I planted tomatoes so they would ripen when tomatoes are scarce. In this way I had a good market and profit. What I couldn't use fresh at home and couldn't sell, I canned. This is my pantry supply:

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DOROTHY JONES, President,
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"Milk-Drinkers—Weight Gainers." Hillsborough County group of girls who have made forward marks in gaining weight since attending Short Course, June, 1926. All girls here take one quart of milk each day. They have learned to make attractive drinks, using milk, eggs and Florida fruits.



(1) Old style—cold lunch out of a newspaper. Jackson Heights School, West Hillsborough County. (2) Jackson Heights school lunch ready for service, M. Nyberg, Director Jackson Heights School, West Hillsborough County. (3) Dining room, Jackson Heights School, West Hillsborough County. Milk is supplied in the bottle. Children sit on benches and each one has a place at the table. (4) Dade County. These women represent the Redlands, Homestead and Princeton Home Demonstration Clubs, who entered menus and recipes in the Nutrition Contest. They have had programs on "meal planning" in each respective club and at camp.

FOOD FOR HEALTH

Women's Clubs.

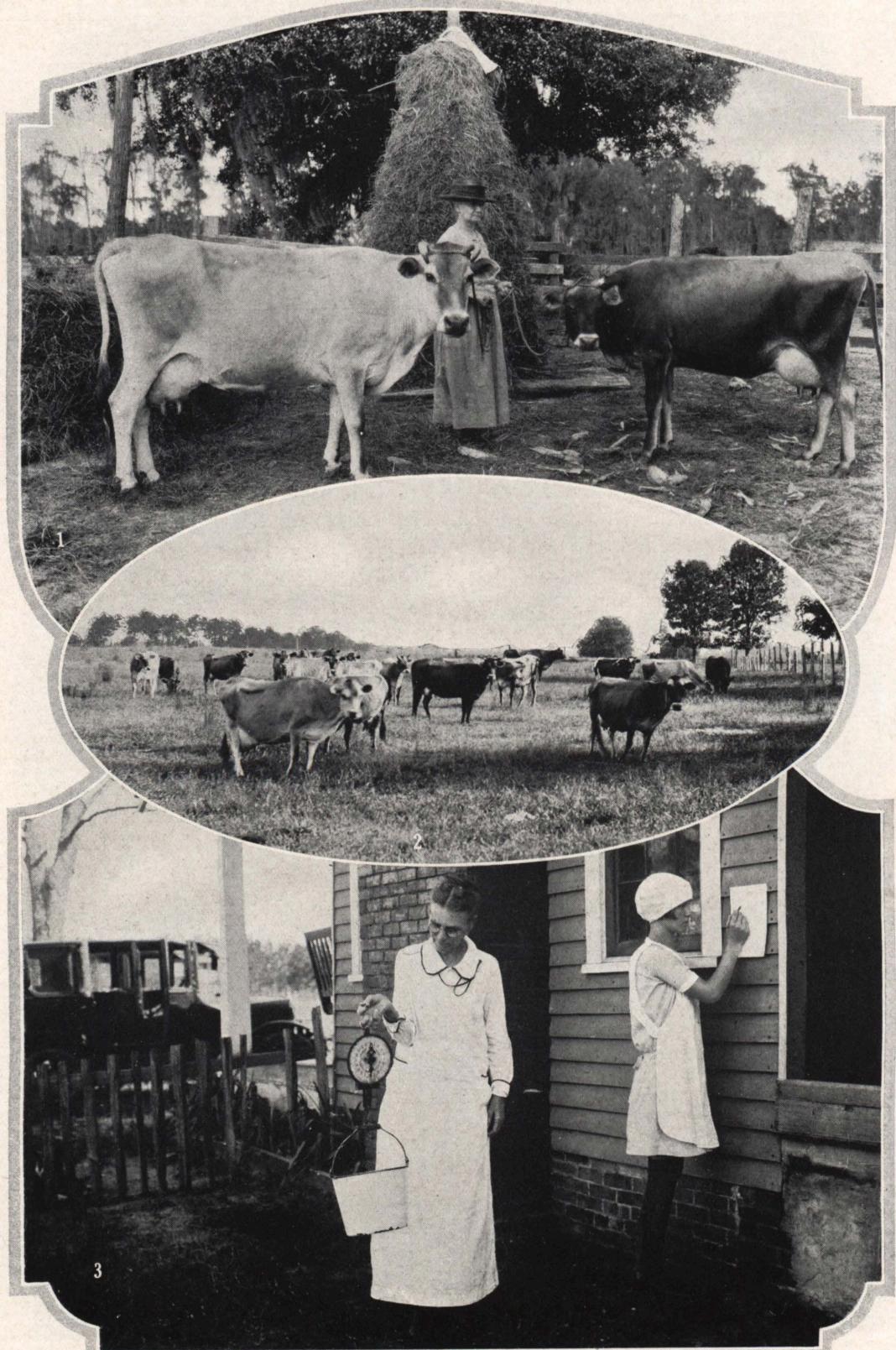
Of the 5,605 women enrolled in Florida Women's Home Demonstration Clubs, nearly all take one or more courses, under the supervision of the County Home Demonstration Agent, in food production, conservation, preparation, or selection. Suggested programs with material for demonstrations are prepared by the food specialists at the Home Demonstration Department of the Florida State College for Women.

The Food Selection Course includes the study of body needs for food, the foods to supply those needs, and the selection of foods first, to meet the health requirements, and second, to save money, time, and labor. The plan is to give instruction which includes not simply collections of recipes and menus, but food principles and "reasons why." Women have gone further in their food study than "what to cook." They are intensely interested in the "why."

The newer methods of research, and the fact that even our common foods have dietary properties which we formerly knew nothing about, have added new interest to the subject of food and nutrition. We know now that unless the right foods are selected in the right amounts and proportions, and that unless the food value is retained in the cooking (if the food must be cooked) the physiological processes do not run smoothly and that life does not last so long. Old age appears sooner than would be necessary under proper conditions.

Women (as well as men), once believed that appetite was a safe guide to food selection. Furthermore, there was no distinction between appetite and hunger. Before the deluge of manufactured foods in the market, and before the transportation of food for long distances came into effect, people depended upon local products. There were more gardens and there was more fresh food in its natural state. With the coming of machinery, of cities, of transportation, foods of longer keeping qualities (white flour, branless, germless cereals) have come into tremendous favor. The consumption of sugar has increased from an average of eleven pounds per person per year to about one hundred pounds per person per year. Sugar contains no minerals, no vitamins, no structure material. McCollum tells us that the average American now takes about one-sixth of his daily energy from sugar. This of course crowds out other foods which supply what sugar lacks. Before refrigeration processes, fresh meats (cold storage) were not so constantly before the people. Twenty-five years ago people depended upon local agriculture. The vitamins, minerals, roughage were in abundance.

These changes have made food selection not only interesting but the positive duty of the home-maker. Bodies must be built of proteins, fat, sugar, starch, minerals, vitamins, and water. A proper balance of all to meet the body needs can be planned by the person only who has scientific knowledge and understanding. Growth can proceed only when proper materials are present. Repair cannot be made unless the right substance



(1) Mrs. S. F. Collins, Hillsborough County, with her dairy cows. (2) Mrs. Franz Schmidt's dairy cows, Live Oak, Florida. (3) Club girl, Escambia County, weighing milk and keeping records.

HOME DAIRYING

The two phases of home dairying being stressed by the Home Demonstration Department are (1) care of the family cow and use and care of milk in the home, and (2) care of the growing calf.

With the tremendous increase in population in Florida there has come about a scarcity of milk. To accommodate Florida people with their share of the amount of milk used per capita in the United States, \$31,000,000 worth would be required, whereas only \$7,000,000 worth was produced last year. To help Florida meet this need, the Home Demonstration Department is urging greater production of milk. Effort is being made to supply club girls with calves to grow for home dairy purposes. Some of the commercial dairies are giving the calves to club members in their territory; some are exchanging the calves for hens, eggs, or other farm products, thus making it possible for many club girls to make their own purchases. Mr. H. L. Brown of the Extension Department has given valuable instruction to the County Home Demonstration Agents as to care and feeding of these calves, and has assisted in securing calves for some of the girls.

Better milk supply for the family—a quart a day for the children, and a pint a day for adults, is the home dairy goal. Through the efforts and influence of County Home Demonstration Agents many cows have been placed for home use. Record cards have been prepared and the members are keeping them to find out whether or not the cow "pays" in money value



Mrs. N. E. Snyder, Valrico, Florida, and her Holstein cow.

and in health and growth for the family. The record is simple and concise, but it brings out the necessary facts to convince. The expenses of feed, care, etc., are counted. The amount of milk produced is weighed once each week; the butter is weighed weekly; the amount of each sold is noted, and the average amount each club girl, doing dairy work, drinks daily is noted once each week. Her gain in weight is recorded monthly. She learns to prepare milk dishes for the family; she learns the real food value of milk, its protein, fat, sugar, mineral, and vitamin content, and the value of each in meeting the needs of the human body, both in the growing and adult stages. Each dairy girl is her own best exhibit. She is a demonstration of the food value of milk. She is the proof of whether or not the cow "pays."

Standardization of milk is being stressed. The necessity for not only



(1) Myrtice Thompson, Oak Grove Club. The calf was given her by the Schmidt Dairy (Mrs. Franz Schmidt).
 (2) Helen Bailey, 11 years old, Hastings Club, St. Johns County. "Ruffy" (the cow) and Helen are good friends. They are doing their part to "furnish Florida homes with an adequate supply of clean milk."
 (3) Suwannee County girls, Midway Club. Left to right, Vera Brown, Allene Williams, Georgia Howell. Standardizing cottage cheese for home use.

the production of more milk but better milk is taught and demonstrated. Clean, fresh milk! Standardization of butter, of cream, and of cottage cheese, both for home use and for market, is helping to improve the food supply.

Many home demonstration club members, having made a success of home dairying, have entered commercial dairying with good profit. Mrs. Franz Schmidt of Suwannee County now owns and operates a dairy farm. She has forty Jerseys. She ships cream to south Florida and uses the skim milk for chickens, pigs, etc. Mrs. Schmidt has shown her interest in girls' club members in her county. She gives them the male calves and exchanges heifers at a nominal price for farm products.

The main purpose of the Home Demonstration Dairy program is to stimulate and direct home dairying for family use. The following story is typical of what many Florida women are doing in this line.

**STATEMENT GIVEN BY A HOME DEMONSTRATION CLUB MEMBER IN
HILLSBOROUGH COUNTY**

As a Home Demonstration Club member in Hillsborough County, I have missed only one club meeting in a year, and not one monthly rally for women's club members. I do all my own housework. My husband and I have many visitors during the year, and we do a great deal of "going," and are not too busy to have a good time.

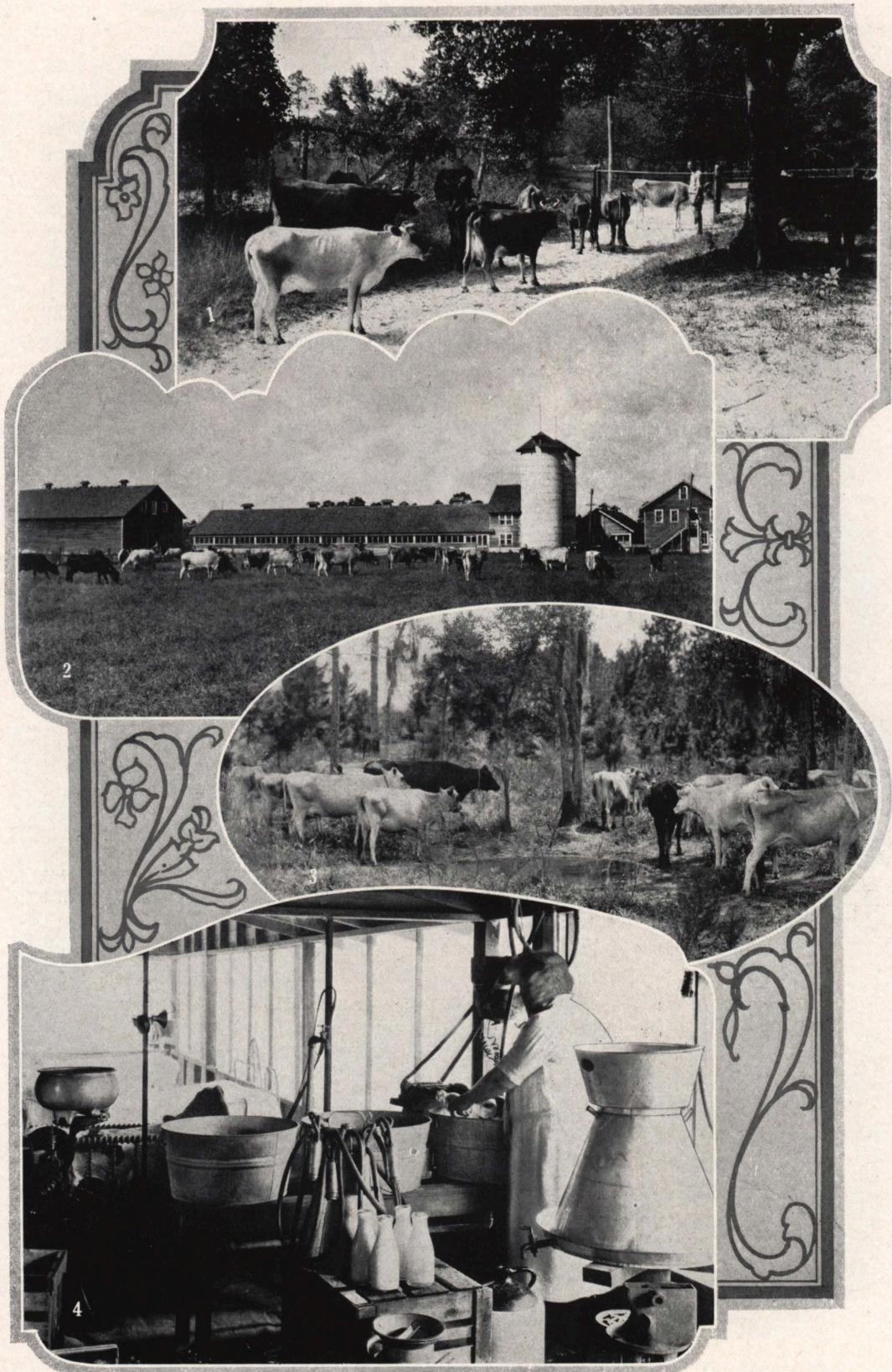
We have many household conveniences, among them an electric refrigerator. We have a home garden. We keep about 200 hens and make them pay for their own "board and keep," our gasoline, and for the eggs and poultry in our own balanced ration.

The main story I would tell you is about my cows and what we have been able to do with them. In February, 1926, we kept two good cows. We bought and mixed all feed. We used at home all milk, butter, cream, and cheese to supply four people. We sold 311 quarts whole milk, 15½ quarts cream, 12 lbs. cottage cheese, for which we received \$85.05. The cost of feed was \$25.45, leaving a balance of \$59.60. During this month I won two premiums on butter and cheese, both in a county exhibit and in the South Florida Fair, amounting to \$8.00, thus giving me a total of \$67.60 profit.

On March 15th we added another cow. Our receipts for this month (after generously supplying the family and giving 8 quarts to the neighbors) amounted to \$113.05, while expense of feed was \$33.95, leaving a balance of \$79.10.

Estimating the value of a regular supply of good clean milk to the health of our family, the financial expenditure, and the balance on hand, we are convinced that the "trouble" has been more than paid for, and that home dairying (with good cows and good feed) is worthwhile.

(Signed) MRS. N. E. SNYDER,
Valrico, Florida.



(1) Columbia County. The Means dairy cows. (2) One of Columbia County's dairies. North Florida Dairy, Lake City, Florida. (3) Columbia County cattle. (4) Miss Laura Means, Columbia County, has installed a home dairy for the purpose of increasing the milk supply. Her bottle washer is a home-made but efficient machine for supplying milk from well-fed cows for babies, children and grown-ups. Her work is therefore not only a source of income, but the fulfillment of a high purpose.

NUTRITION IN SHORT COURSES AND CAMPS

At the State Short Course early in the season milk-drinking was stressed by actual practice. The State College Dietitian, Miss Anna M. Tracey, planned with the Extension Nutrition Specialist a diet based on milk and a generous supply of Florida fruits and vegetables. A health and food habit honor system was instituted and the nutrition program at the short course became a demonstration in nutrition for camps to follow. Each of the 400 girls was weighed and measured; each by means of posters and mirrors was taught posture; each was taught to check herself as to food and health habits. Demonstrations in rest and play out of doors were given. Through the courtesy of Dr. Jennie Tilt, State College Research Department, the college rats were used as a demonstration of the difference in growth as shown by rats fed on the usual home diet of a mixture of meat, bread, limited supply of fruits and vegetables, cereals, and of the same diet plus milk. According to records kept almost one hundred per cent of the four hundred girls drank milk at the short course.

Florida Home Demonstration Agents are recognizing the Girls' and Women's Club Camps as opportune places for practicing as well as for teaching nutrition. During 1926, beginning in May and running through August, there was a series of camps throughout the state and in almost every camp a nutrition program was promoted.

In general, the programs have included both preventive and remedial work. Stress has been laid on generous well-balanced meals properly prepared, on plenty of exercise or play in the open air, sufficient rest and sleep and right food habits. In many cases physical defects causing malnutrition have been removed beforehand. Emphasis has also been laid on the fact that a "good time" is conducive to better nutrition if the "good time" is well planned. Fun and frolic have contributed their part. Since busy hands and busy minds make for happiness and therefore better nutrition, basketry, light sewing, food preparation, beadwork, booklet and food poster making have been on the schedule.

At the Pasco County Camp, Port Richey, Fla., forty girls spent four days. The educational work included nutrition demonstrations and poster making. The girls learned to make "substitutes for candy," "desserts without cake and pie," also milk dishes. They studied the value of milk, fruit and vegetables in the diet.

Each of the four groups of ten was checked on food and health habits during camp by the leader. It was found that:

1. Forty girls drank an average of $1\frac{1}{2}$ pints milk daily.
2. Twenty of the forty had not been accustomed to drinking milk.
3. Eighteen made Better Breakfast posters.
4. Forty girls drank water before breakfast.
5. Forty girls twice each day enjoyed Florida West Coast dips of 30 minutes each.
6. Forty girls were on time for three meals each day.
7. Forty girls were in bed $9\frac{1}{2}$ hours at night and observed rest hour every day.

Besides the milk which was the foundation of each meal, fresh vegetables, both raw and cooked, fresh fruit and eggs were served generously.



1



2



3

(1) Marion County girls who attended the State Short Course at Tallahassee. Under the supervision of Miss Christine McFerron, Home Demonstration Agent, these girls staged a nutrition play as a demonstration at the Short Course. While en route to Tallahassee, these girls stopped over by special request from the Boys' Short Course, Gainesville, and gave the play for the boys. All of these girls are enrolled in food and nutrition work. (2) The mid-morning lunch. Girls' Short Course, Tallahassee. Milk and cookies for 400 girls at 10:30 a. m. every day during State Short Course. Milk supplied by State College Dairy, Tallahassee, Florida. (3) Columbia County. Forty club girls drank forty pints of milk at our last County Council meeting at Lake City, Florida. The President of the Council, Bessie Houser, brought the milk from her home dairy.

Suwannee County Camp specialized in planning meals from products brought from the girls' gardens. Each girl brought home products and the Home Demonstration Agent taught the campers to select the food and plan the menu. Many girls learned for the first time that, with plenty of milk, eggs, whole grain cereals, fruits and vegetables, meat is needed only occasionally.

Individual instruction in nutrition was a marked feature of the Lee County Camp. The 37 girls in attendance were weighed and measured. Each girl was interviewed by a nutrition specialist. Each was given recommendations as to diet, food habits, rest and exercise. These suggestions were also written on the back of her weight card. Space was left for records of continued gains throughout the year. Twenty-two out of 37 girls attending camp were more than 7% underweight. Ten of the 37 did not drink milk at home. All but three drank regularly at camp. All ate two vegetables cooked and two raw salads daily during camp. Cases of constipation were cared for by laxative diet and only a few times by mild cathartics. The Women's Camp in Lee County had a program of selecting food for the promotion of the health of the family.

An attendance of 125 girls at the Dade County Camp furnished a most interesting opportunity for enthusiastic good times in nutrition work. All were weighed and measured the first day. They were seated at tables according to "underweights," "ten per cent overweights" and "normals." The meals for underweights consisted of fruits, cereals, vegetables, milk, butter, eggs (at least one each day) and one nourishing dessert per day. Occasionally meat was served. All girls drank milk. Five hundred $\frac{1}{4}$ pint bottles and 106 gallons of milk (549 quarts in all) were served in four days. Thus each girl had her quart daily and 49 quarts were used in cooking. The diet for 10% overweights included limited amount of bread and butter, no desserts, but plenty of fruit, vegetables, milk and eggs.

The schedule for the day for underweights began at 6 a. m. with "a morning dip." Later in the morning there was a rest period and milk, in the afternoon a rest period and fruit or light lunch. Most of the day was given to rollicking good times and a program of enough work for everybody's wellbeing. At 8:30 p. m. lights were out and girls in bed and quiet.

As a result of the work of this camp 45 underweights made an average gain of 3.3 lbs. All of the campers outlined their nutrition program to continue through the year.

The instruction given in the girls' camp on food selection and preparation was continued during the women's camp. The women were also weighed and measured and diets for reducing and gaining were planned. In fact every Home Demonstration Club Woman in Dade County has been given instructions as to her own nutrition and that of her children. Actual weights and measurements have been taken and plans made to correct deficiencies.

The outcome of the women's camp is the making of a Dade County Book including both recipes and menus. They will continue their nutrition program throughout the year.

In Polk County, where extensive nutrition work has been done for two years, the attendance at Home Demonstration Camp was this summer 158. From all this group only four refused to catch the milk-drinking spirit.



Sunbaths and rest hours are of great importance in any nutrition program. Old Camp Johnston along the picturesque St. Johns River makes a suitable place for complete relaxation and sun treatment. Florida Sunshine for Nutrition.

So successful have been the practical demonstrations in nutrition at the short camps that the State Home Demonstration Department gave nutrition instruction in a four weeks' camp for underweights in Duval County. In Duval County, where the attendance was 103, all except two learned to like milk and took an average of one quart per day each. In the latter county the girls' club members who attended the camp were there for an entire month. The highest gain of $9\frac{3}{4}$ pounds was made by Elsie Plummer, South Duval, a club girl who was 10% underweight in the beginning of the camp and who, by following directions carefully, brought herself up to normal. Milk was one means of getting results. Elsie at home was accustomed to the average diet, including a fair amount of fruits and vegetables, but she did not drink milk. At camp she took her "quart-a-day." After one month in camp she went home for a week during which time she continued her milk and added $1\frac{1}{4}$ lbs. to her weight. She then left for college physically "fit" for good work.

Throughout the season in the eighteen home demonstration camps in Florida with a total enrollment of 1,200 girls, and the State Short Course of 400 (a total of 1,600), milk-drinking was demonstrated. Contests, "stunts," plays have helped to keep the slogan "a quart a day" before the crowd.

Of the 1,600 enrollment, the records show that 1,500 were served milk and practically all of the 1,500 drank it. Probably less than twenty did not learn to like it. One hundred (because of out-of-the-way location of camp) were unable to get milk at camp. Of the 1,500, 1,000 drank a quart per day, and 500 drank a pint per day.



ELSIE PLUMMER,
South Duval County, Jacksonville Beach.
She was ten per cent underweight. At
camp for underweights she reached
"normal," having gained $9\frac{3}{4}$ lbs.



OLITA REVELS,
McAlpin Club, Suwannee County, is a
third year club girl who gained 18
pounds during the six months' nutri-
tion demonstration in her school.
During the three months following
she has continued to gain an average
of two pounds monthly. She is now
normal weight. She is enrolled this
year for a program of sewing, food
conservation and nutrition.



(1) Duval County Camp for "underweights" drinks milk at 10:30 a. m. Boy Scouts and group leaders assist with the milk line. (2) Alice Croasdale (left) and Sybil Stump (right) give a lesson in "Sandwiches for School Lunch" at Duval Camp for underweights. (3) Out-of-doors rest hour. Along the St. Johns. Underweights grow up.

SCHOOL NUTRITION DEMONSTRATIONS

While nutrition instruction and supervision are given specifically in an intensive way to women's and girls' home demonstration club members, much education work has been done through general campaigns for the public at large and by means of the school as a nutrition demonstration to the community.

The most successful school nutrition demonstrations in the state have been conducted in Citrus, Polk and Suwannee counties. According to annual reports for 1925, Mrs. Elizabeth Moore, County Home Demonstration Agent in Citrus County, promoted a nutrition demonstration in the schools of that county which involved 743 children in school and a number of preschool children, bringing the complete list up to 1,000, representing 225 homes. During the campaign the demand for milk and milk products so increased that two local dairies were established to furnish the supply. Miss Lois Godbey and Miss Mosel Preston, Home Demonstration Agents, Polk County, Fla., report in 1925 a school nutrition demonstration reaching 8,000 children. During that year six schools, enrolling 3,389 children, established school lunches. All of the children enrolled in these nutrition demonstrations were taught to score their own food and health habits. They received from teachers and from the home demonstration agents instruction according to the twenty nutrition leaflets prepared by the state home demonstration department. Weighing and measuring were accurately done and new weights were recorded at the end of each of the six months.

Following the nutrition campaign in Polk County the Board of Commissioners decided to establish a full-time health unit composed of a doctor and two nurses.

In Suwannee County the nutrition demonstration was carried out in 1926.

Two years ago Miss Corinne Barker, graduate student of George Peabody College for Teachers, entered Suwannee County as County Home Demonstration Agent. Miss Barker, as a student in Home Economics, had had splendid training for nutrition and health work. After organizing her forces for a home demonstration program along food production lines—poultry, dairy, and gardening—she chose one school for a demonstration in nutrition for children.

The following was the plan:

1. Enlist the interest of the mothers in the task of bringing the children up to average weight.
2. Secure the cooperation of the superintendent of schools and of the grade teachers in giving nutrition instruction and in keeping records of food and health habits of the children.
3. Form a class of instruction for teachers.
4. Form a class of instruction for mothers.
5. Visit the school once each month to instruct the teachers in nutrition, to check records being kept and to give a general review and test to the children of the lessons studied during the month.



(1) Dowling Park Consolidated School, Suwannee County, kept 100% records during Nutrition Demonstration. Enrollment 175. (2) Live Oak School, enrollment 450, made the first Suwannee County Nutrition Demonstration. Every grade (3rd to 8th) kept 100% records. One hundred and seventy-two underweights came up to average during the three months' demonstration. (3) Wellborn Consolidated School, Suwannee County, kept 100% records in six months' Nutrition Demonstration. Enrollment 300.

6. Run the program for three months and tabulate results in gain, in weight and in food and health habits.

Nutrition leaflets, prepared by the State Home Demonstration Department, were used as the basis of instruction. Health and Food Habit Cards were supplied for records. Baldwin and Wood weight charts were used. The weighing and measuring were accurately done by the agent herself and the percentages of underweight were carefully noted and sent to the parents. Each child was told his status as to weight, height, and age. All were brought to a keen interest to do two things:

1. Grow to proper height.
2. Gain the weight required.

The Florida Public Health Association, represented by one of its state workers, Miss Fannie Shaw, gave the home demonstration agent valuable cooperation in conducting programs for mothers' meetings held in the beginning of the campaign to bring about the removal of physical defects preventing nutrition.

The campaign results were as follows:

- (1) 100 per cent of every grade from the third to the eighth kept complete records of food and health habits as requested.
- (2) Increased percentage of children drinking milk was 33 1/3. All coffee-drinking ceased.
- (3) One hundred seventy-two children who were underweight reached normal.
- (4) Forty-nine underweights gained more than ten pounds each.

Success in the demonstration caused immediate demand for further work in seven consolidated schools in the county. The program was organized on a larger scale, using, as before, the teachers, mothers, and older children to assist in the plans. This time the demonstration was for a period of six months and reached more than 2,000 children. The Wellborn School, enrollment 300, and the Dowling Park School, enrollment 175, scored 100% in keeping food and health habits. In the seven schools two hundred ninety-three children who were seven per cent or more underweight reached normal weight.

In August, 1926, eleven one-teacher schools were organized for nutrition demonstrations. This work will complete the list of schools in the county. Mothers and teachers, as well as children, strongly urged the extension of this program into one-teacher schools. The instruction to teachers is being given by the home demonstration agent through teachers' institutes in the county and the organization is now so well worked out that the agent is in truth an executive for a county-wide movement.

Realizing that, although food is the most important force for better nutrition, the right amount of play or exercise out of doors is also necessary, Miss Barker has put intensive effort into bringing about daily organized play in every school in her county. Since "out-of-doors" in Florida means in the sunshine, play has a double meaning from the nutrition standpoint.



(1) Games for underweights at Duval Camp, 1926. (2) "Play" at Duval Camp. Club singing led by Alvira Sharp, group leader, helped to keep the underweight girls entertained without too strenuous activities. (3) Duval Camp play for underweights. An hour of music and quiet games on the dock of Duval Camp for underweights.

Another valuable result of this county-wide nutrition movement is the increase in enrollment in clubs doing food production—poultry-raising, gardening, home dairying. Dairymen and club members are exchanging Jersey heifer calves for purebred hens, and other club members in large numbers are increasing the poultry plant, the garden acreage, the milk supply. Thus the rural school nutrition demonstration forms a cycle of benefits. Increasing the demand for better nutrition increases the production of home-grown food and the growing of more and better food together with intelligent utilization of the food brings about better nutrition for the family.

FLORIDA HEALTH CONTEST

Beginning October first and running until June first, Florida 4-H Club Girls are enrolled in a Health Contest. During the entire year every club girl has a program of "food for health." In connection with her program of food study she scores herself on food and health habits and strives to make herself her own exhibit of optimum nutrition.

Every club in order to be "standard" must, during the year, bring at least 80 per cent of its members up to normal weight. If there are physical defects preventing proper nutrition the home demonstration agent or club leader, through instruction and influence, strives to have these defects removed.

A scholarship for attendance at the State Short Course for girls held at the State College for Women, Tallahassee, Fla., is given in each county to the club girl who by June first makes the highest score in health. This score is made in a county contest entered by those girls making the highest score in the local clubs. The county winner enters the state health contest where a rigid examination decides the state winner.

In June, 1926, the four girls making the highest scores in this contest were as follows:

Miss Frances Christian, Marion County.....	98%
Entered by Miss Christine McFerron, Home Demonstration Agent.	
Miss Hazel Tipping, Mandarin, Fla., South Duval County.....	97%
Entered by Miss Louise Pickens, Home Demonstration Agent.	
Miss Roberta Shepherd, Montverde, Fla., Lake County.....	97%
Entered by Miss Marie Cox, Home Demonstration Agent.	
Miss Ida Smith, Manatee County.....	96%
Entered by Miss Margaret Cobb, Home Demonstration Agent.	

Miss Frances Christian, Marion County, Fla., fourth year home demonstration club girl, is the winner of the 1926 State Health Contest.

In 1925 Frances, having won her second scholarship trip to the State Short Course, Extension Department State College for Women, Tallahassee, entered the Health Contest. She won first in her county and scored second in the state. She also scored first in a perfect foot contest.

She returned to her county where, under the guidance of Miss Christine McFerron, the County Home Demonstration Agent, she enrolled for a special nutrition program with the purpose of winning first place in health.

Frances carries a program also of all-round 4-H club work, including sewing and productive lines. She has during 1926 given good service in community and county activities, including contests and health plays.

At the time of the State Contest in 1926 she tipped the scales at the normal notch. The physician, Dr. Sharpe, State College for Women, made a thorough search to locate even the slightest defect. Frances was sent by her county to the National Boys' and Girls' Club Congress at Chicago November 26-December 2, 1926, where she represented the State of Florida in the National Health Contest.

Miss Christine McFerron is entering her fourth year as County Home Demonstration Agent in Marion County. She has an enrollment of 350 girls, all of whom took the Foods and Nutrition Program in 1926, and all of whom have carried a productive program in poultry, dairying, or gardening. Miss McFerron planned and carried out the first County Health Contest in Florida.

Marion County's Home Demonstration Program includes not only girls' clubs and their work, but under Miss McFerron's administration the women of the county are organized for all lines of club work, and the general public, as in the county-wide Health Contest, is being reached and interested in the entire program.

Roberta Shepherd, Montverde, Lake County, Florida, is a third year club girl who has made an honor record in sewing, in improvement of her



The way they pack the grapes to ship. They should be good, having real "peaches" to pack them. Lake County. Roberta Shepherd (right) won second place in State Health Contest.



(1) Miss Marie Cox, County Home Demonstration Agent, Lake County. Miss Cox entered Roberta Shepherd in the State Health Contest (1926). (2) Miss Christine McFerron, County Home Demonstration Agent, Marion County. She entered Miss Frances Christian in the State Health Contest. (3) Miss Louise Pickens, County Home Demonstration Agent, South Duval County, 1925-1926. Miss Pickens is now a graduate student in the State University, Ames, Iowa.

bedroom, in community club leadership and in food conservation. She has never been content with less than the best. She scored second in the State Health Contest in 1926. An injured tooth (cracked in an accident) which could not be corrected was practically her only defect. Her outstanding perfection as to nutrition may be attributed to the active outdoor life and to the well-planned and varied diet in this home, where fruits and vegetables, either fresh or canned, are in abundance all year. In grape season Roberta engages in the attractive occupation of packing grapes as seen in the picture. Who wouldn't thrive surrounded by Lake County grapes?

Miss Marie Cox, County Home Demonstration Agent in Lake County, has by her four successive years' work in that county been able to construct a program of food production and conservation which has resulted in better nutrition among her club members. Miss Cox has thus in the four years laid a foundation upon which she can, during 1927, build an effective nutrition program.

HAZEL TIPPING, MANDARIN, FLORIDA, SOUTH DUVAL COUNTY.

A second year club girl and the winner of many honors in Duval County (recounted elsewhere in this publication), Hazel Tipping, twelve years of age, stood second-tie in the State Health Contest. She made a score of 97 per cent.

It is interesting to note that Hazel grows vegetables and that she conserves a generous supply for the time when they are "out of season." Hazel drinks milk. In the background may be seen the orange grove at her back door. Wonderful Florida oranges, sweet, juicy, full of vitamins! Vegetables, oranges, milk and plenty of work and plenty of play in Florida sunshine, together with training and instruction given by her County Home Demonstration Agent, Miss Louise Pickens—all have worked together for success in health.

Miss Louise Pickens, Home Demonstration Agent, South Duval County, 1925 and 1926, conducted the nutrition work for girls and women and entered Hazel Tipping in the State Health Contest. Miss Pickens is now a graduate student in the State University, Ames, Iowa. She is majoring in nutrition and will re-enter Home Demonstration work after further study.

Ida Smith, Palma Sola, Florida, Manatee County, is a fourth year club girl. It is a noticeable fact that in her fourth year she enrolled for a program of gardening and food conservation and in this same year she won in the health contest in her own county and was sent to represent Manatee County in the State Contest, where she won fourth place with a record of 96%. She is a living demonstration of "vegetables for health." In fact Ida tips the scales a little beyond the average, but she is in no sense "overweight."

Miss Margaret Cobb, Home Demonstration Agent in Manatee County, has emphasized food conservation. At the South Florida Fair in Tampa 1925, her exhibit in food conservation took first prize.



(1) Frances Christian, McIntosh, Marion County. First place, State Health Contest, 1926. (2) Hazel Tipping, age 12 years, South Duval County, Mandarin. Tied for second place State Health Contest, 1926. (3) Roberta Shepherd, Lake County. Third year club girl, won second place in State Health Contest, 1926.

MARION COUNTY, FLORIDA, WINS IN STATE CONTEST BY HOME DEMONSTRATION DEPARTMENT.

Does the kind of food the growing child eats make a difference in health? Does climate count? Does environment count? Do the customs of production and food selection in the locality count? Does the general continuous atmosphere of prosperity and happiness in a locality make for better health on the part of the growing population? Do the united efforts of mother, Home Demonstration Agent and family physician make for better health among the girls of a county? These are all questions under consideration in every community in this day of modern progress and preventive medicine.

Marion County, Florida, is today saying along with mothers, physicians, Home Demonstration Agents and everybody who is working for the good of the children, that all these things count and that Marion County has been counting them. Therefore, she has been able to put forward in 1926 "The Healthiest Girl in Florida."

The well-balanced agricultural program in Marion with its dairying, poultry-raising, fruit and vegetable growing makes for the right food selection habits and customs. The productive program of that Central Florida County, strengthened by the Nutrition and Health Educational Program given by the Home Demonstration Agent and the interested mother in the home, has had its influence in winning this contest in a state noted for its health-giving powers.

Four of Marion County's good reasons for being "high in health" activities are that she has an abundance of home produced (1) milk, (2) eggs, (3) fruit, (4) vegetables. These are high in protein, fat, minerals and vitamins.

Then, too, this year, the Club Girls in Marion County did gardening and poultry work. Perhaps that accounts for the victory of one of their number in winning for the county this high honor in health.

Anyway, the Marion County Chamber of Commerce sent their winner, Miss Frances Christian, McIntosh, Florida, to take her place in the National Health Contest in Chicago, November 26th-December 2nd, and all the club girls in the county have lined up for another year in productive food work, which they will combine with a nutrition program.

HEALTH CONTEST RULES AND REGULATIONS, 1927.

1. There shall be not less than 25 girls electing the Foods and Nutrition course in any county entering the State Health Contest.
2. Each girl taking this course must be scored twice in food habits and in general physical condition—once in the beginning and once at the end of the course.
3. By January 1, 1927, all County Home Demonstration Agents who expect to be represented in the State Health Contest must send in the name of the county together with the number of girls taking "Foods and Nutrition."
4. Record books must be kept up-to-date and presented at both County and State Health Contests.

5. Only those girls who have been winners in a county contest will be eligible for the state contest.

6. All applicants for entry in the State Contest shall present full record of score in the county contest.

7. One Short Course scholarship in each county should be reserved for the girl who, having elected "Foods and Nutrition," plus productive work, wins the County Health Contest.

**NUTRITION CONTEST COMPLETED IN FLORIDA HOME DEMONSTRATION
DEPARTMENT, 1926.**

Women's Clubs, Girls' Clubs and County Home Demonstration Agents since April 1, 1926, have been competing in a contest open to all Florida counties. The plan has been to put on the best constructive nutrition program, including food production programs (garden, dairy, and poultry), food selection and food preparation.

Women's Clubs have carried a productive program, placing special emphasis on greater production of milk, eggs, fruits and vegetables and on more extensive use of these products in the family meals. The climax of their work has been the planning of a day's menu for a family of five, and the working out of a set of six recipes for dishes selected.

Girls' Club members have carried a productive program and have worked on the problem of their own nutrition. They have been their own exhibit of the results of the effort. Each girl in the contest has written a story of her improvement in nutrition.

Home demonstration agents have strengthened their food programs with girls' and women's clubs, have conducted nutrition campaigns, using entire schools as demonstrations, have increased the use of milk in girls' camp, and at home, and have interested all club members in bringing themselves to normal weight.

Benefits of the contest may be summed up as follows:

1. Specific goals and attainments in the Nutrition Department.
2. Definite plan for an elective course in Foods and Nutrition for 1927.
3. Increased interest in the County and State Health Contest for 1927.
4. Extended interest in production of milk, eggs, fruits and vegetables for home use.

The Home Demonstration Department has, through the courtesy of the Snowdrift and Wesson Oil Company, awarded prizes to the following winners:

HOME DEMONSTRATION AGENTS:

Nutrition Contest.

Miss Corinne Barker, Suwannee County, First.

Miss Christine McFerron, Marion County, Second.

Miss Pansy Norton, Dade County, Third.

WOMEN'S RECIPE CONTEST:

Mrs. J. E. Elder, Dade County, First.

Mrs. C. M. Hemming, Suwannee County, Second.

Mrs. I. A. Grenwell, Dade County, Third.

WOMEN'S MENU CONTEST:

Mrs. E. H. Hopkins, Marion County, First.

Miss Sarah Carter, Dade County, Second.

Mrs. Roy Cheyney, Dade County, Third.

GIRLS' CONTEST:

Dorothy Jones, Alachua County, First.

FLORIDA FRUIT AND VEGETABLE PRODUCTION AND CONSERVATION

By ISABELLE S. THURSBY,
Foods and Marketing Agent.

Twenty years ago writers spoke of "possibilities in Florida." Today we write of "actualities." Formerly the wild orange groves in Florida were a curiosity to newcomers, and only far-seeing pioneers appreciated them as "possibilities." Today Florida citrus fruit, acknowledged to be the juiciest, sweetest and best flavored on earth, needs no comment. It has favorably introduced itself to the world at large. Today Florida's vegetable production, as shown by the Bureau of Markets, has covered every variety except those limited to a cold climate.

Some people, however, have not yet learned that Florida has a diversity of soils, a range of fruits that includes all varieties from the well-known berries, peaches, pears, pecans, figs, and muscadines of north Florida to the less known tropical mangoes, papayas, star apples, surinam cherries, coconuts, avocadoes, pineapples, bananas, guavas, and even the monstera deliciosa. There may be other people who think that Florida produces her fruits and vegetables seasonally and for commercial use only.

Florida people find considerable satisfaction in knowing this impression is incorrect. Home Demonstration work has as one important purpose the production of an adequate supply of fruits and vegetables and the plentiful use of these products which are so necessary for the health and enjoyment of the family. As far as practicable these products are used on the table fresh from the field and garden. All-the-year gardens, permanent and varied fruit plantings and the cultivation and proper cookery of the products are a part of the Home Demonstration program. The excess crops are conserved for future use by canning and preserving, or are sent to market.

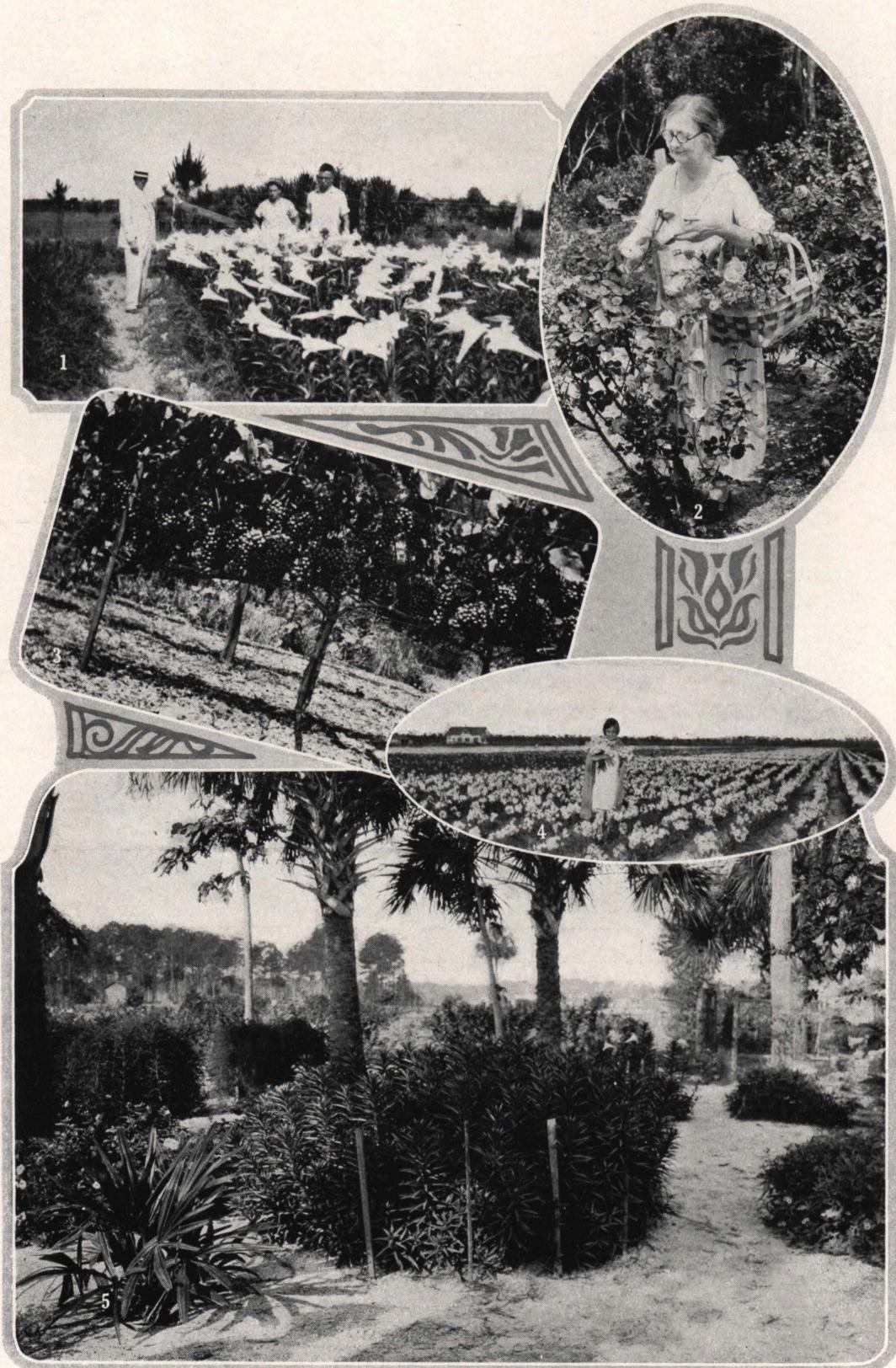
To meet the needs of the body, to please the most particular palates, to keep people well, and to make children grow, Florida rural families are growing and using a large variety of fruits and vegetables. In no better way can this fact be shown than by the record of a county as given by a citizen of that county. The location selected is neither north nor south—it is halfway. We might for the same reason and with equally convincing testimony, have chosen Marion, Lake, Citrus, Pasco, or other mid-central counties. The following story is taken from an article written by T. A. Brown, who for fifteen years has been a citizen of Volusia County. Mr. Brown says:

"The slogan, 'Versatile Volusia,' has not been made up out of thin air. Witness that among the many varieties of crops that have been introduced, there are also some valuable things that have originated right here at home. The Enterprise Seedless orange and the Norris Seedless, Florida's two outstanding seedless varieties and among her earliest to mature, and the Lue Gim Gong, our best late orange, all originating in this county, speak for themselves for quality. The Florida Marvel Blackberry is a native of New Smyrna, in this county, as is also the Ormond Persimmon, which is a splendid fruit of the Japanese type that mysteriously developed the characteristic of hanging on the trees until February in excellent condition.

"This county has been successful in adapting many fruits and vegetables that partly on account of climatic conditions have been considered unsuc-



(1) A pumpkin with a past, as well as a future! To date (August 15, 1926) has borne fruit totaling 91, with a weight aggregating 1,010 pounds. Vine is still growing and still fruiting. Citrus County. (2) A good producing fig tree. (3) J. D. Haddock of Callahan, Nassau County, had four acres of dark gray soil which he planted in potatoes in June. They produced 225 bushels per acre.



(1) Easter lilies in bloom in Volusia County. (2) Mrs. S. F. Poole, Lake Alfred, in her rose garden. (3) Carmen grapes grown by W. H. Frier, DeLand, Florida. (4) Paper white narcissus growing in Volusia County. (5) Pretty effect of bulb plantings for home decoration.

cessful in many other localities. Being half-way down in the state seems to give it the advantage of producing fruits and vegetables from a wide range of climatic conditions. Take, for instance, some of the "impossibilities." W. H. Moreman of DeLand has an asparagus bed from which the family has enjoyed plenty of asparagus every spring for five or six years. Harry Flint raises enough horseradish to give to all of the neighbors and have some to market. John Wolfe, at Orange City, has made a success of raising rhubarb for home use and also sells some. L. D. Drewry, of Daytona, raises his own supply of French artichokes, and the writer can remember seeing several apples mature on a tree at the home of L. B. Knox at Bulow.

"Right in the city of DeLand, in a back yard garden, W. H. Frier has all varieties of citrus fruits, peaches, pears, mulberries, etc., as well as all kinds of vegetables, including the impossible asparagus. A sight of his grape crop is worth a long trip. We have seen him pick over forty pounds of excellent bunch grapes from a single vine, two years old (Brilliant), and eight quarts per vine from 35 vines of Marvel blackberries two years old. His front yard is a bower of flowers and plants.

"Mrs. C. P. Swift has a Pineapple pear tree in her back yard that regularly produces 12 to 15 bushels of fine fruit every year. Miss Lydia Wilat gets a splendid crop of avocados every year from trees that she budded herself less than ten years ago. We have seen from 500 to 1,000 avocados per tree in her back yard.

"So much for the unusual things. The story could be carried on indefinitely without stretching the truth, and it would take a whole book to enumerate the many fruits, vegetables and flowers that are grown in this county for the pleasure and profit of those who will go to the trouble to have them. (No, they don't come free with every lot in every subdivision, but they may be had by proper application of study and labor.)

"This county produces a million boxes of citrus fruits every year. We raise a trainload of potatoes for market, and many cars of melons and other vegetables and fruits.

"The best way to discover the path of plenty which you may follow here is to attend the annual County Fair. This is not a carnival. Within the ten large exhibit buildings the thousands of visitors and home folks experience real thrills from the variety and quality of the well-prepared exhibits. The Agricultural Building, with its floor space of 50x150, is crowded with its seventeen community exhibits. Every corner is filled with products of field and grove. In this building and in the Woman's Building we find great display racks of jellies, marmalades, preserves, candied fruits, fruit juices, jams, vinegar, and vegetables of every kind, and every one of the thousands of containers fit to win a prize. How anyone can decide where to put the ribbons is a mystery. Yet they are judged and excellent prizes are won by hard-working farmers' wives, whom one might think had no time for exhibiting their wares, but who take the keenest pride in such work and in the Home Demonstration Clubs that are conducted by the Home Demonstration Agent, Miss Cole, and her able local leaders. The poultry and live stock are shown. The racing stables and the attractively landscaped grounds with paved walks, flowers, shrubs, trees, and driveways, form a meeting ground for the farm families and a place where the game of friendly competition runs to a fine point."



(1) Mrs. L. S. Sperning and her daughter Nellie, of Macedonia community, Suwannee County. (2) Suwannee County Pineapple Pear. Average yield, two barrels a year.

THE VEGETABLE AND FRUIT PROJECT IN THE CLUB GIRLS' PROGRAM OF WORK

Florida 4-H club girls electing gardening as a project are required to start six perennials during the first year, chosen from the list offered below. Not less than six plantings of the chosen perennial are credited, the idea being that not only enough of that fruit must be grown for the family's need, but there must also be a surplus to market.

VEGETABLE AND FRUIT GARDENING PROJECTS; USEFUL AND ORNAMENTAL PLANTINGS FOR HOME USE, PROFIT, OR FOR BOTH.

GOAL: First and Second Year's Work.

Club members may have 1/20 acre garden, or a combination of annuals and long-lived plants, as:

Fifty tomato plants, one leafy vegetable, as spinach, mustard, turnips, lettuce, etc.; two other vegetables, as peas, beans, carrots, beets, onion, okra, etc. Rows to be approximately 50 feet long or shorter rows of proportionate numbers, if more convenient. (Perhaps some of the club members may be able to take care of a larger area, enabling them to make better financial returns.)

Perennials, or long-lived plants, must be started the first year. A wide range of useful and interesting ones are listed from which the club girl of either North or South Florida may make her choice.

GOAL: Third and Fourth Year's Work.

If, by the end of the second year, the six perennials are well established and the garden club girl has demonstrated her ability to grow the common vegetables well, this piece of work may be dropped and dill, ginger, horseradish, nasturtium (as a substitute for capers) and other herbs of interest in canning and pickling, fancy peppers, as Birdseye, Red Chile, Tabasco, and vegetable novelties may be substituted, since these are accessories needed for the development of the third and fourth year canning program.

Records: Each club member should be made to realize that in order to get the most out of her chosen line of activity, she must do the work herself. She must keep a record of the time spent in labor with these growing things, taking care that only the actual time spent on the garden be listed, and the supplies used, yield, etc., be charged at the local market price.

Exhibit: Gardening exhibit for all fairs in 1926, community, county, or state, may be nothing more than a giant pumpkin or squash—large Yellow Mammoth Potiron pumpkin, Mammoth White Squash, Tasmanian Bean Squash or any other variety garden club member may select.

Prizes: An effort will be made to get away from a cash premium in this award—emphasis will be laid instead on honor of achievement, the perseverance, interest, and “pep” put into the work, and the record and story of the garden will receive the recognition.

PLANTINGS

We have listed below what we consider the most excellent sorts for our girls to plant. Their selection, of course, depends upon locality, soil condition and personal taste. We believe these plantings will be found most fascinating and valuable.

Suggested list of plantings:

- 50-200 strawberry plants.
- 1/20 acre blueberries.
- 6 figs—Celeste—or 4 Celeste and 2 Brown Turkey; South Florida may substitute Lemon fig for the Celeste.
- 6 loquats—grafted plants recommended.
- 6 grapes—muscadine—James, Thomas and Scuppernong.
- 6 sand pears—(sometimes listed as Pineapple).
- 6 pecans—suited to locality.
- 6 persimmons—Tuyu and Tane Nashi.
- 6 kumquats—Marumi, Magami, and Neiwa.
- 6 citrus (for drug store use and fancy preserving)—Eustis Limoquat, Pon-derosa, Lemon, Rangpur Lime, Caldemondin, Kumquat, Sour or Bitter Orange.
- 6 mangoes—Mulgoba, Haden, and Sandashe.
- 6 avocadoes—Mexican, Guatemalan or West Indian type, accordingly as for Northern, Central or Southern Florida.
- 6 bananas—Hart's Choice or Lady Fingers, Cavendish.
- 6 papaya (one staminate plant to five or more of the pistillates).
- 6 Surinam cherries.
- 6 guavas of superior flesh and small seed center.
- 6 plantings for extreme South Florida, as: Sapodilla, Rose Apple, Sugar Apple, Tamarind, Cocoa Plum, Carisso, Koi Apple, Carambola.

FLORIDA GARDEN CALENDAR

When one realizes that Florida is a very large state, that its soil varies from sand and clay to rich alluvial, that its climate is influenced by its 4,400 square miles of inland lake water and its long and double coast line, it is easily supposed that a general vegetable and fruit calendar would not altogether answer for its garden and grove program. The state stretches 450 miles north and south and almost as much east and west. It lies farther south than any part of Europe, and is in the same latitude as Egypt, Palestine, and the southern part of China. Nevertheless, for all of the tropical sound of this, that part of Florida comprising the "pan-handle," and including the cities of Tallahassee, Marianna, and Pensacola, often "enjoys" fairly cold weather. Yet, notwithstanding, the Florida Garden Calendar, which is backed by the Experiment Station of the University of Florida, shows no great differences in the vegetable and flower garden plantings for the state throughout the year. The calendar shows that garden work in Florida is like the proverbial women's work—never done—in that in any one of the twelve months of the year one may grow a garden, a privilege not enjoyed extensively, perhaps, in many states of the Union.

FOR GARDENS IN NORTH FLORIDA
(Locality North of Ocala).

January—Cabbage, collards, lettuce, mustard, onion sets, tomato seed, turnips.
February—Beans, cabbage, cantaloupes, carrots, collards, cucumbers, potatoes, lettuce, onions, spinach.

March-April—Beans, beets, cantaloupes, carrots, collards, cowpeas, cucumbers, eggplant, English peas, potatoes, okra, onions, pumpkins, squash, tomatoes, turnips, watermelons.

May—Beans, cantaloupes, collards, cowpeas, cucumbers, eggplant, okra, pumpkins, squash, sweet potatoes, tomatoes, watermelons.

June-July—Beans, cabbage seed, celery seed, cowpeas, eggplant, squash, sweet potatoes, tomatoes, watermelons.

August-September—Beans, cabbage, cantaloupes, carrots, cowpeas, cucumbers, collards, eggplant, potatoes, okra, onions, pumpkins, New Zealand spinach, turnips.

October—Beets, onion sets, cabbage, carrots, celery plants, collards, lettuce, mustard, spinach, turnips.

November—Beets, cabbage, carrots, collards, lettuce, mustard, onions, spinach, turnips.

December—Cabbage, collards, lettuce, mustard, onions, spinach.

FOR GARDENS IN SOUTH FLORIDA.

January—Beans, beets, cabbage, collards, eggplant seed, potatoes, lettuce, mustard, onion sets, spinach, tomato seed, turnips.

February-March—Beans, beets, corn, cabbage, cantaloupes, carrots, cucumbers, eggplant, potatoes, lettuce, okra, onions, pepper seed, pumpkins, spinach, squash, tomatoes, watermelons.

April—Beans, collards, corn, cowpeas, cucumbers, eggplant, okra, pumpkins, squash, sweet potatoes, tomatoes.

May—Beans, cowpeas, corn, eggplant, okra, pumpkins, squash, sweet potatoes, tomatoes.

June—Beans, cabbage seed, celery, cowpeas, eggplant, squash, sweet potatoes, tomatoes, watermelons.

July—Cabbage, cantaloupes, celery seed, cowpeas, eggplant, pumpkins, squash, sweet potatoes, tomatoes, watermelons.

August-September—Beans, cabbage seed, cantaloupes, carrots, cowpeas, collards, cucumbers, eggplant, English peas, potatoes, lettuce, mustard, onions, pumpkins, spinach, squash, tomatoes, turnips.

October-November—Beets, cabbage, carrots, collards, lettuce, mustard, onions, spinach, turnips.

December—Cabbage, collards, lettuce, mustard, onions.

Mrs. Margaret Nicholson of Hilliard, Florida, says:

"I wish to state first of all that any kind of vegetable can be grown in Nassau County. Our farm consists of twenty acres of high hammock, and is a rich dark sandy loam; we have about five acres in cultivation, mostly small crops, such as onions, lettuce, celery, potatoes, tomatoes, peppers, snap beans, butter beans, sweet corn, eggplant, asparagus, cane, cabbage, carrots, beets, squash, cowpeas, English peas, okra, sweet potatoes, turnips, collards, Swiss chard, horseradish, parsnips, small fruits, such as melons, peaches, pears, strawberries, grapes, figs, bananas, and sweet oranges. All these we have grown successfully.

"In October, 1925, we sowed one-half pound onion seed (Crystal White Bermuda) and transplanted in December about one-fourth acre; we harvested and sold them in April and May, making about \$200, besides keeping enough for family use.

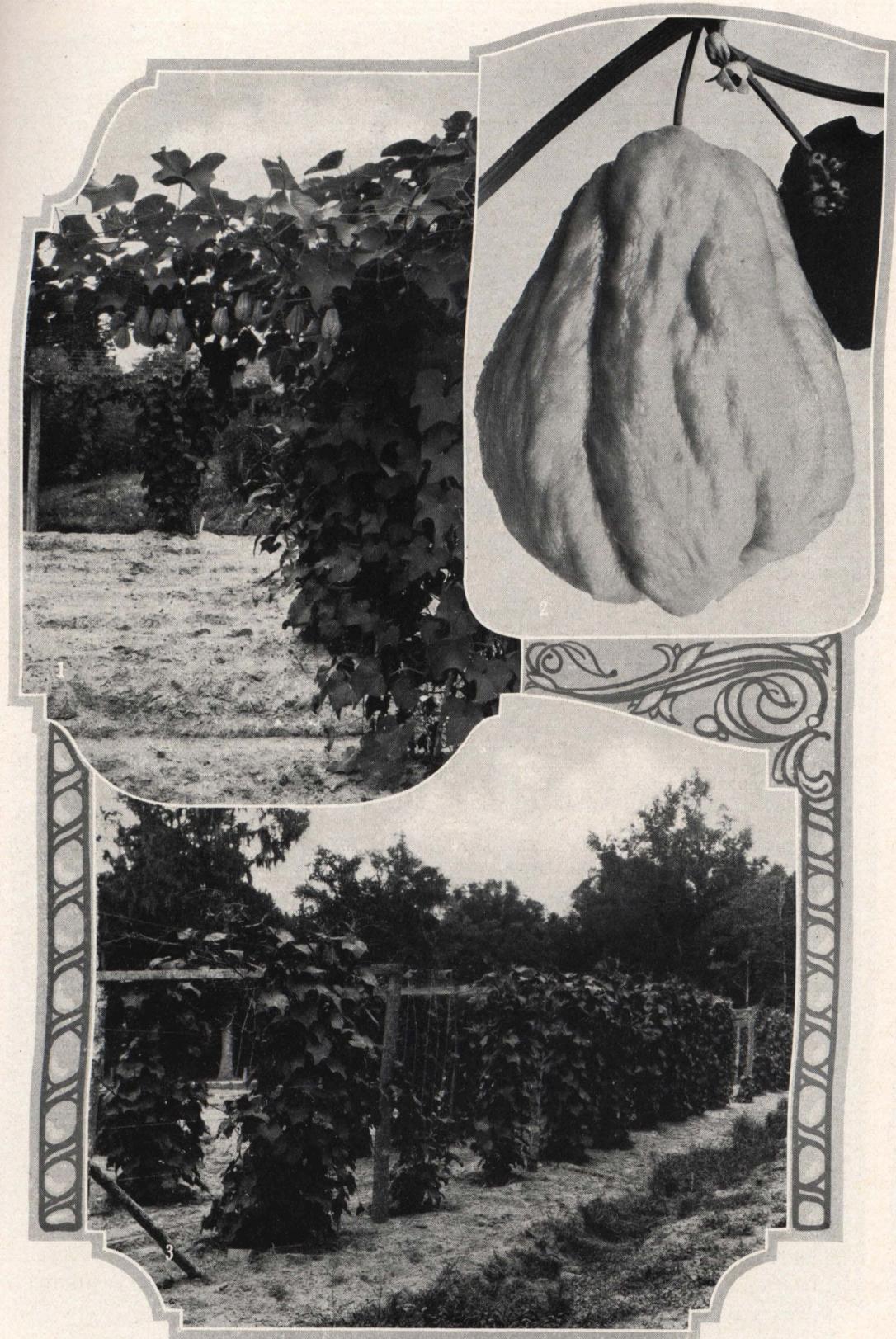
"Our market at Hilliard is limited, so we decided to buy a truck and make weekly trips to the county-seat, which is Fernandina. We did a good business, and could have sold much more if our planting had been on a larger scale. We made something like fourteen trips, beginning the first week in June and continuing until September. My trips to Fernandina netted me about \$300, which does not include our onion crop or vegetables sold at home and in Hilliard.

"We are trying a new kind of vegetable named chayote; we have a fine vine loaded with fruit and think it is going to be a great success. So many things can be made from both the ripe and green fruit. Our fall garden is doing well; we have beans, fall potatoes, turnips, and a celery bed started for December transplanting. Pimento peppers are very good and will bear until frost, and there is a ready market for them.

"Our home demonstration agent has been and still is a great help in the county, and I owe most of my success this summer to her kindly suggestions. In all kinds of ways she has helped, and whatever we want to know, our first thought is 'Ask Miss Jordan'."

THE CHAYOTE CONTEST FOR GARDEN CLUB MEMBERS

The chayote, a tall vine of most luxuriant growth, introduced by the United States Department of Agriculture, bears enormous crops of delicately flavored, pear-shaped fruits. It is a most interesting and useful cucurbit which harks back to the days of the Aztec and the other people who lived in Mexico and Central America before the Spanish Conquest, a perennial vine as important to the people living there today as the potato is to us here in the United States. However, as a plant food it resembles the cucumber and squash, to which it is related botanically, rather than the potato. Vines, properly trellised, will produce more than 1,000 fruits the second season. Because of the ornamental qualities of the chayote in covering pergolas or trellises in a few months' time, the value of the fruit in general cookery, the excellence of the pickles and the dills made therefrom, the Chayote Contest, inaugurated with home demonstration women



(1) Chayota *edulis*. Golden chayotes on vine in the west part of the garden. Photo taken by Mr. Dorsett at Brooksville, Florida, May 30, 1918. (2) Fruit—and bloom. (3) Looking north along east side. Most of these are old plants. Photographed by P. H. Dorsett, Brooksville, Florida, June 5, 1916.

and girls all over Florida, has put a new life into the gardening project because of its interesting growth as well as the financial reward that comes from its fruit. In Volusia County where the dietary value and the various uses of the chayote have been put before the housewife by Miss Cole, they sell readily on the market for 12½ and 15 cents a pound.

COOKING AND SERVING

The cooked chayote has a delicate squash-like flavor and, when not too old, an excellent texture which makes it distinctive and very pleasing when served without mashing. The single large seed is edible and is commonly cooked and served with the rest of the vegetable. The vegetable may be prepared in different ways for cooking. A convenient method is to cut about three-quarters of an inch thick, crosswise through the seed, pare the slices, and boil until tender (15 to 20 minutes) in just enough salted water to cook. These slices may then be served hot, either whole or in pieces, with butter melted over them, or they may be diced and served with a cream sauce. The boiled chayote is especially adapted for use in salads. Sliced chayote, either raw or cooked, is excellent fried. The vegetable is also used in stews and may be baked and stuffed. Immature chayotes are used for pickles.

RECORD OF CHAYOTE PLANTS.

Number of chayotes planted
 Date planted
 Number of plants grown
 If any plants died, state when and give cause if known

 Fertilizer used
 Did you mulch the plants?
 What insects, if any, attacked the plants or fruits?

 What insecticides were used?
 Greatest length of vine during season
 First staminate flowers, date
 (The staminate flowers furnish pollen and are borne in small clusters.)
 First pistillate flowers, date
 (The pistillate flowers are borne singly—rarely in twos or threes—in the leaf axils, and the rudimentary chayotes forming the bases of the flowers are easily seen.)
 First fruit set, date
 First fruit matured (reached full size), date
 (For table use chayotes are better if used before quite fully grown.)
 Number of chayotes used for the home table

 Methods of preparation used
 With what method was the vegetable liked best by the family?

 Number of chayotes (about half grown) used for dill pickles
 Number of chayotes sold
 Price each (or per pound) received
 Number of immature fruits, if any, killed by frost at end of season
 Total number of chayotes gathered and used or sold
 Additional data (on attached sheet).

The score card shown above was used in the Chayote Contest and was furnished by R. A. Young, Associate Horticulturist, State Experiment Station.



(1) Home Demonstration Club women at the home of Mrs. George Palmer, Eustis, where the Seneca Home Demonstration Club acted as hostess club to visiting members from six other communities on "Guava Day"—altogether 35 women. Guava pudding and salad were demonstrated and served to the group at luncheon time. (2-3) Products made from same guavas.

SOME FLORIDA FRUITS OTHER THAN CITRUS

The mango is the most exquisite tropical fruit grown in Florida. The tree itself is of rapid, vigorous, symmetrical growth, with abundant evergreen foliage, and makes one of the finest shade trees in the world. An enthusiastic admirer of the mango—and to know the mango is to be enthusiastic—writes:

"Mango is another name for a revelation that comes to one through a season or two, but never in a day. In one's first Florida summer he wonders whether the mango can ever be quite as luscious as a perfect peach. In his second summer, we were told, one wonders whether the perfect peach can ever quite equal the mango. There are mangoes and mangoes, but the Haden mango is king. The Haden mango, having the size and shape of the largest avocado, immediately delights the eye, but does not immediately convince the palate. With its rose-red, its yellow, its emerald and gold, it is but the handiwork of some clever painter, until one has won his way to credulity by picking and scraping with a thumbnail at its radiant skin."

There are those of us who, while we concede the mango to be king, or queen if you please, of all fruit, are still uncertain as to whether the Haden is any more delicious than the Mulgoba, from which it sprung, or the Amini, the Alphonso, or the Cecil.

The lusciousness and the rich flavor of these choice budded varieties of mangoes have been likened to a combination of pineapple and apricot, yet Wilson Popenoe, an authority on tropical fruits, says they cannot be described accurately by the comparison.

Many of the varieties are most gorgeous in appearance and have a wonderful aroma, so that a basketful will fill an entire room with the fragrance.

To this luxurious fruit belongs also the distinction of being good at any stage of growth. In the green or immature stage they are most excellent for cooking, reminding those from the apple region of green apples, as they are a splendid substitute for green apples for pie and for sauce, though much spicier and richer in flavor. Being more acid in flavor, more sugar is required in cooking and preserving than the apple. They are rich in pectin at this stage, and make a fine jelly, as well as pickles, relishes and preserves.

The famous chutney of India has the mango for the principal ingredient. The common, ungrafted varieties are good for all culinary purposes, and when taken in the immature stage the objectionable fibre is not developed. The Sandersha is the premier cooking mango, and is very productive and of large size.

It is the belief of Edward Simonds of the Plant Introduction Station of Miami that the avocado can become the basis of a great industry. At present avocados bring large sums at the great hotels, where they are esteemed the choicest of delicacies.

The avocado is one of the most palatable (when one learns to like it) as well as the most nourishing fruits grown. In the tropics it is a staple article



(1) Guava Tree—fruits weigh over a pound each. At the Clark Home, Wall Springs, Pinellas County. (2) Brazilian Red Guavas—weight of large fruit, one pound each.
(3) Fruiting branches of the Cattley guava.

of diet like Irish potatoes in the North and cornbread in the South.

The avocado has a delicate nutty flavor and a satisfying richness which can be compared to nothing else and places it in a class by itself as a basis for any kind of salad. In fact, it is good any way—after one gets introduced.

It may be difficult to tie the guava onto one's bouquet of poetic remembrances of semitropical Florida, with its flashing hibiscus blossoms and dawn-pink oleanders, but that is just where the guava belongs and is found—here, there, everywhere, flourishing even farther north than Volusia County. Perhaps it may be seen as an ornamental planting on the lawn of a millionaire estate, or again as the only shade and only fruit tree about a humble shack.

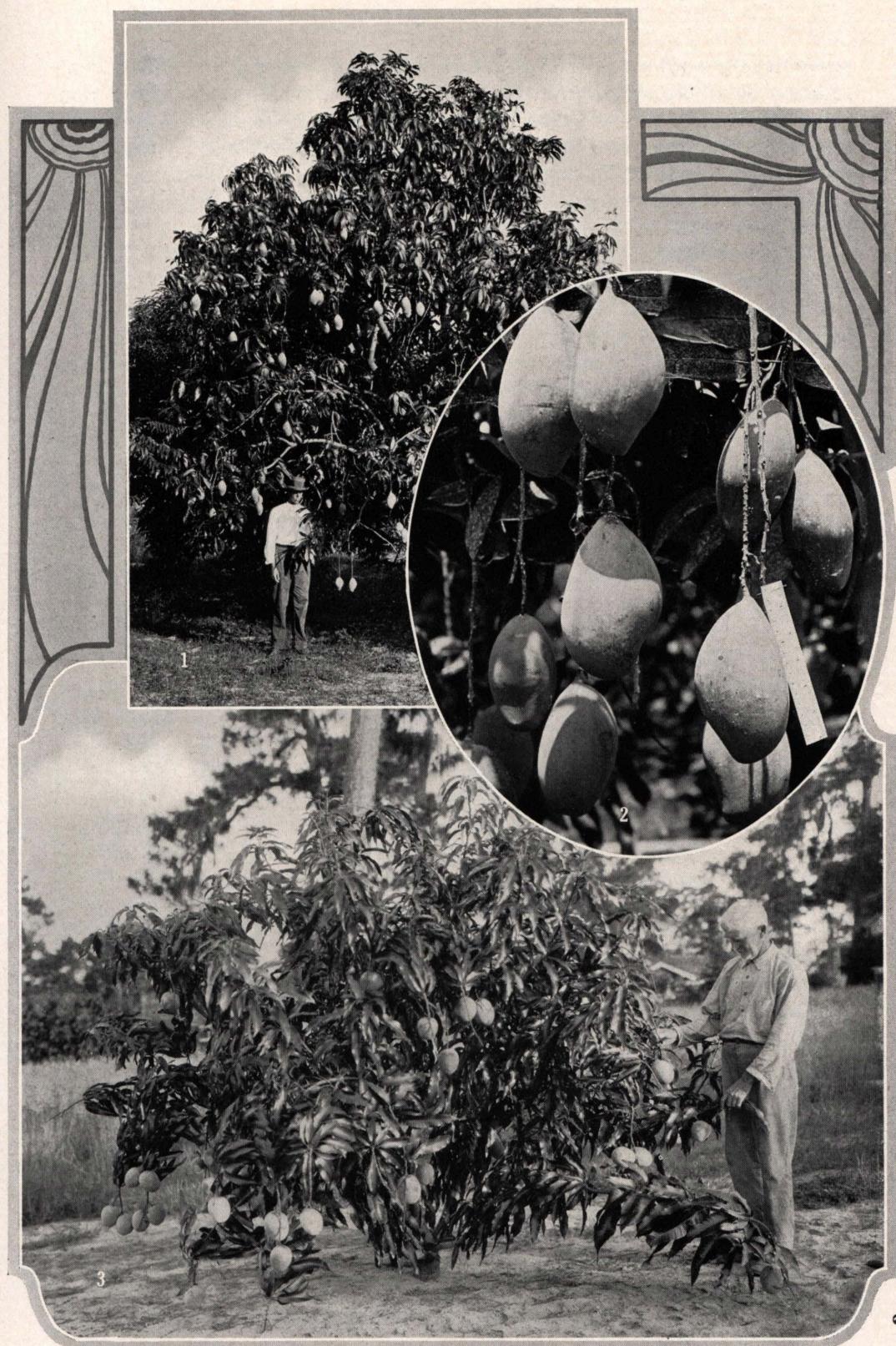
The guava, botanically known as the *Psidium guajava*, is the most important pomological fruit of the myrtaceous family, to which it belongs. The myrtaceous fruits comprise an interesting lot of aromatic things, with blossoms bearing many long and conspicuous stamens. Of the better known family connections come the spices, cloves, cinnamon, nutmeg and allspice, which probably accounts for the highly aromatic property of this fruit. As soon as the dislike to its penetrating odor has been overcome it is accounted one of the most delicious and fascinating of fruits, either eaten out of the hand, sliced with cream, in shortcake, pie, or made into jelly, jam or preserves. For the guava, while useful in many other ways, is preeminently a fruit for jelly-making and other preserving purposes. Indeed, guava jelly is conceded to be the "facile princeps" of its kind.

The fruit of the guava may be round, elongated, or pear-shaped, with a tender white, yellow or green skin, even when ripe. The flesh varies from white to deep pink, or a yellow to salmon red, and may be sweet or refreshingly subacid, and contains many small seed. It ranges from the size of a walnut to that of an apple or a large pear.

The guava is often referred to as Florida's substitute peach, but it is different from the northern peach tree in that it does not produce all of its blooms at the same time, but will bloom and bear fruit throughout the year. In productiveness it excels almost any known fruit tree, with no barren year, and is most admirable as being one of the least exacting of all the tropical fruits in cultural requirements, growing and flourishing under most unfavorable conditions and spreading rapidly by means of its seed. In the tropics it is a pest, springing up everywhere and overrunning plantations until they become transformed into impenetrable jungles.

The early explorers write interestingly of the guava: "It bears an apple more substantial than those of Spain and of greater weight even when of the same size. * * * And it contains many seed, or more properly speaking, it is full of small, hard stones, and to those who are not used to eating the fruit, these stones are sometimes troublesome, but to those familiar with it, the fruit is beautiful and appetizing. Some are red within, others white, and persons who are accustomed to it esteem it as a very good fruit, much better than the apple."

In the vernacular of a present-day enthusiast we have this recommendation: "Pick out some nice, large guavas and peel them carefully, then



(1) Mango tree. (2) Sandersha mango—a cooking variety. (3) Small Mulgoba mango from Lake Wales, Polk County.

scoop out the seed mass and run it through the colander (the home demonstration agent would recommend the dilver, or a fruit press, rather than the laborious, old-time colander). Slice into spoonful chunks and mix with the fruit pulp from which the seed have been extracted, add a little sugar and a little lemon or lime juice. Put in the ice-box until ready to serve, and then serve with good, rich cow's cream. Oh, boy! A peach in its prime is no better!"

A diminutive member of the guava family, with attractive, glossy, dark green leaves, valuable for making hedges, is the Cattley. There are two varieties, one bearing enormous massed dark red fruit, and the other yellow. The fruit is fine, and can be used in many ways.

It is a matter of regret, however, that many of this age and generation have not the same spirit of adventure concerning our food supply as those hardy old forebears of the sixteenth century. For, because of its penetrating, keen aroma, the guava has been made the target of many jokes, not only for the northern tourist, but for the Floridian, many of whom—'tis pity, 'tis true—cannot see any good in a guava. Tourists and Floridians alike, unfortunately, all too frequently look with indifference, if not downright disdain, at many of the tropical fruits and make little or no attempt to become acquainted with the many excellent and nutritious fruits that Florida has to offer.

CONSERVATION OF THE GUAVA IN THE HOMES

However tardy it may seem we have been in Florida in our partial domestication, commercialism and marketing of the ubiquitous guava, many interesting stories may be told of the appreciation and the open-minded enthusiasm of our home demonstration women for it. For instance, in September Miss Cox, of Lake County, says: "Due to the fact that the county has such an abundant crop of guavas, and so few people make use of them we promoted 'Guava Week' here. Miss Thursby was with us, and canning and other ways of conserving guavas were discussed publicly for the benefit of all who visited the Home Demonstration kitchen at the courthouse that week. The 'big' day was held in Eustis, where a variety of beautiful products were displayed in the window of a leading drug store. The club women arranged to have ten gallons of guava ice cream given away in order to teach the people how delicious it is. Several other dishes made of guavas were displayed and samples given out by these farseeing women. Representatives from all the home demonstration clubs in the county were present, showing their eagerness to learn more about guavas themselves and their willingness to pass this knowledge on to others."

From Citrus County, where Mrs. Moore is Home Demonstration Agent, we hear:

"There have been demonstrations given in the preservation of guavas in every community in my county. The products made are butter, paste, jelly, juice, preserves, spiced guavas, catsup, chutney, and plain canned guavas for ice cream, shortcake, etc. Guavas have been so extremely good and the interest in them so keen that all meetings have been well attended.

Standard exhibit containers have been used by practically every person conserving guavas. In addition to the preservation, both women and girls have saved seed from the choice varieties for planting. My dilver has been a very busy piece of equipment this month, and in addition, five new ones have been ordered and delivered. The County Federation of Women's Clubs has elected the home demonstration agent chairman of the conservation committee to work with the interested members of that organization."

Miss Lindsey, Home Demonstration Agent of Lee County, says:

"Wednesday was 'Guava Day' for the Tice club. Some of the club women and girls met at the home of one of the members and made guava paste, jelly and canned guavas. The paste was so good that the women have been making it as a gift to sell at their fair."

Mrs. Tucker, Home Demonstration Agent in De Soto County, reports:

"This is a splendid guava year, and as usual many thousands are finding their way into cans, jars, bottles and glasses. Some of the girls are doing splendid specials for the fairs."

The papaya (tree melon) is a fruit well worth investigating. There are many strains or varieties, so that the variation in size and quality of fruit is remarkable. Some are as large as good-sized watermelons, both in shape and size, while others are not more than 4 inches in diameter and are almost round.

Considering its many uses, rapid growth, medicinal values, easy culture, strikingly beautiful appearance, the enormous amount of fruit each tree produces, and the fact that it is a constant bearer, there should be no groves or home grounds in south and middle Florida without a few trees. Every farm should plant them in the greatest abundance, for the surplus ripe fruit is greedily eaten by chickens and makes an invaluable food for turkeys.

Like many of the other tropical fruits, the taste for it has to be acquired. It is served like cantaloupe for breakfast or luncheon. It is most delicious diced and served with lime juice and sugar. The seed have a fine, nasturtium-like flavor, are rich in pepsin, and are served with the fruit. Slices of papaya, combined with grapefruit or shaddock, on lettuce "hearts," served with a "peppy" French dressing, combine to make a ravishing salad.

The story of the large and strikingly beautiful papaya shown on page 160 is told by the grower herself, Mrs. S. M. Godbey of Bartow, Florida.

"The seed from which this tree was grown was brought from a papaya in the exhibit at the Palm Beach County booth in the South Florida Fair in February, 1922. It was planted about February 15th, and came up in ten days or so. The row of little papayas was left untransplanted, but was thinned out, and those which seemed the thriftiest were not disturbed. As they grew so well without any special fertilizer, they received none, but were in the chicken yard in a fertile and sunny spot.

"One of them set fruit the first summer, but none of it ripened, although it remained on the tree until the next summer and ripened early in the spring of 1923. The fruit set well that second summer, and the picture of the trees was made in October of that year. (See picture below.) At that time the tree on the left was 12 feet and 10 inches high. It was 23 inches around the trunk three feet from the ground. The leaves were 36 inches across. There were 82 papayas on the trunk and about a dozen had been taken off. The largest one weighed eight pounds, but the average was about five pounds.

"A year later the middle tree had been topped and had several branches with fruit on them, but the one on the left was still growing taller. It is (in December, 1924) 21 feet tall and 2 feet and 3 inches around the trunk. It has about 70 papayas on it, as well as they can be counted. Probably 75 or 80 have ripened during the year, and they have averaged 4 pounds, making not less than 300 pounds of fruit from the tree, and there will be many more.

"A pollinator tree which was planted by the chicken house and does not show in the picture is a well-branched tree 20 feet high and 2½ feet in circumference around the trunk before it branches. Its flowers are as fragrant as jessamines and its leaves are immense.

"The papayas have had no fertilizer except such as they get from the chicken run. They do not set fruit in the spring until the summer rains begin, and it takes about four months after the bloom for the fruit to ripen.



Papaya, or Tree Cantaloupe. A fast-growing, herbaceous, branchless tree of ornamental foliage and sweet scented flowers, bearing quantities of delicious melon-like fruit, highly esteemed for desserts and as an aid to digestion because of the papain they contain. Picture taken in Mrs. S. M. Godbey's garden, Bartow, Polk County.

The fruit has its own flavor and is delicious and easily digested. It can be made into taste-pleasing preserves and marmalades. The tree will endure a good deal of frost, but has not had a freeze on it yet."

(NOTE: The writer has had the pleasure of eating papaya salad served on consecutive days at the hospitable home of Mrs. S. M. Godbey, made from the big, finely flavored, peach-like fruit gathered from the tree in her garden. Every day papayas served as the basis of a delicious salad, and with every serving one felt that it was a joy and a privilege to dine thereon.)

An economic ornamental that should be seen more generally over South Florida is the tamarind, useful because of its fruit, exceedingly ornamental in its habit of growth and its graceful foliage, and found growing occasionally in Lee, Manatee, and Dade counties. There was, until recently, a magnificent specimen to be seen in a yard across from the Franklin Arms Hotel in Ft. Myers. Another luxuriantly beautiful tree, but smaller, stands on the court yard grounds in the same town.

We find the tamarind was known in Europe as far back as the Middle Ages, and in the Orient the fruit is of considerable importance in the making of chutneys, curries, and in pickling fish.

The fruit of the tamarind is borne in fleshy pads, having a very acid, aromatic pulp. This makes an excellent flavoring syrup, butter, and jelly. Tamarind butter is equal to any in the same class made from temperate fruits, and is even superior to many. By steeping the pads in water and adding sugar a cooling drink or "ade" of unexcelled flavor and quality can be made.

In the earlier history of our own country, in the eighteenth and nineteenth centuries, New England sea captains who traded with the West Indies frequently brought the preserved fruit from Jamaica and other islands to Boston. In Jamaica the fruit is prepared for shipment by stripping it of its outer shell, then packing it in casks, with alternating layers of coarse sugar. When the cask is nearly full, boiling syrup is poured over the whole mass and the cask is headed up.

The tamarind should be of especial interest because of its high acid and sugar content. It is supposed to contain more acid and more sugar than any other fruit.

The acids are tartaric and citric, combined for the most part with salts of potassium, and are therefore high in Vitamin C.

In medicine the tamarind is recommended and valued in such high-sounding terms as a "refrigerant, digestive, carminative, laxative, and antiscorbutic." Owing to its possession of the last named quality, it is sometimes used by seamen in the place of lime juice.

The rose apple is another ornamental member of the Myrtle family, bearing an apricot-colored fruit about an inch and a half or two inches in diameter. The flesh is crisp, juicy and sweet. The fruit is used merely as a flavoring adjunct to salads, and for crystallizing. It has a delicious fragrance, and tastes like a fragrant rose smells, hence its name.



(1) Roselle, or Florida cranberry, just starting to bloom. Lake County. (2) Fruiting branch of the Victor loquat, from George B. Cellon's place. On account of its firmness this variety has long been considered excellent for canning. Photograph taken by Wilson Popenoe, Miami, February 24, 1915. (3) Loquat tree, or Japan plum—fragrant flowers and delicious fruit, borne in loose clusters. Photographed by Dr. R. L. McMullen.

The carissa is one of South Florida's best hedge plants, and as an ornamental it should be in every garden. Its thick, glossy foliage, fragrant white blossoms, and conspicuous scarlet fruit make excellent sauce and jelly, and its juice and paper-thin slices of the fruit in tropical fruit punch add a most delightful flavor.

The Surinam cherry is another evergreen shrub of attractive foliage, bearing brilliant red cherry-like ribbed fruit of distinctive flavor, which may be eaten raw or used for jelly-making or preserves. It is probably the most interesting and beautiful of the smaller tropical fruits grown in Florida.

The roselle, another native of the tropics, which is grown from the southernmost to the northernmost counties of the state, has occasion to be proud of its relatives, since it is akin not only to King Cotton on one side of the family tree, but to okra, beloved vegetable of the South, on the other, and is, indeed, often called "jelly okra."

The plant is an annual, and grows to a height of from five to ten feet. The stems are reddish in color and branch profusely. The edible portion is the large fleshy, bright pod or red calyx which it bears in great abundance.

The blossom fades within one day, like the cotton blossom, and the calyxes are ready for picking in about three weeks' time. These pods, or calyxes, contain a very pleasant, refreshing acid which is much appreciated as a drink.

The roselle carries the name of "lemon bush" in California.

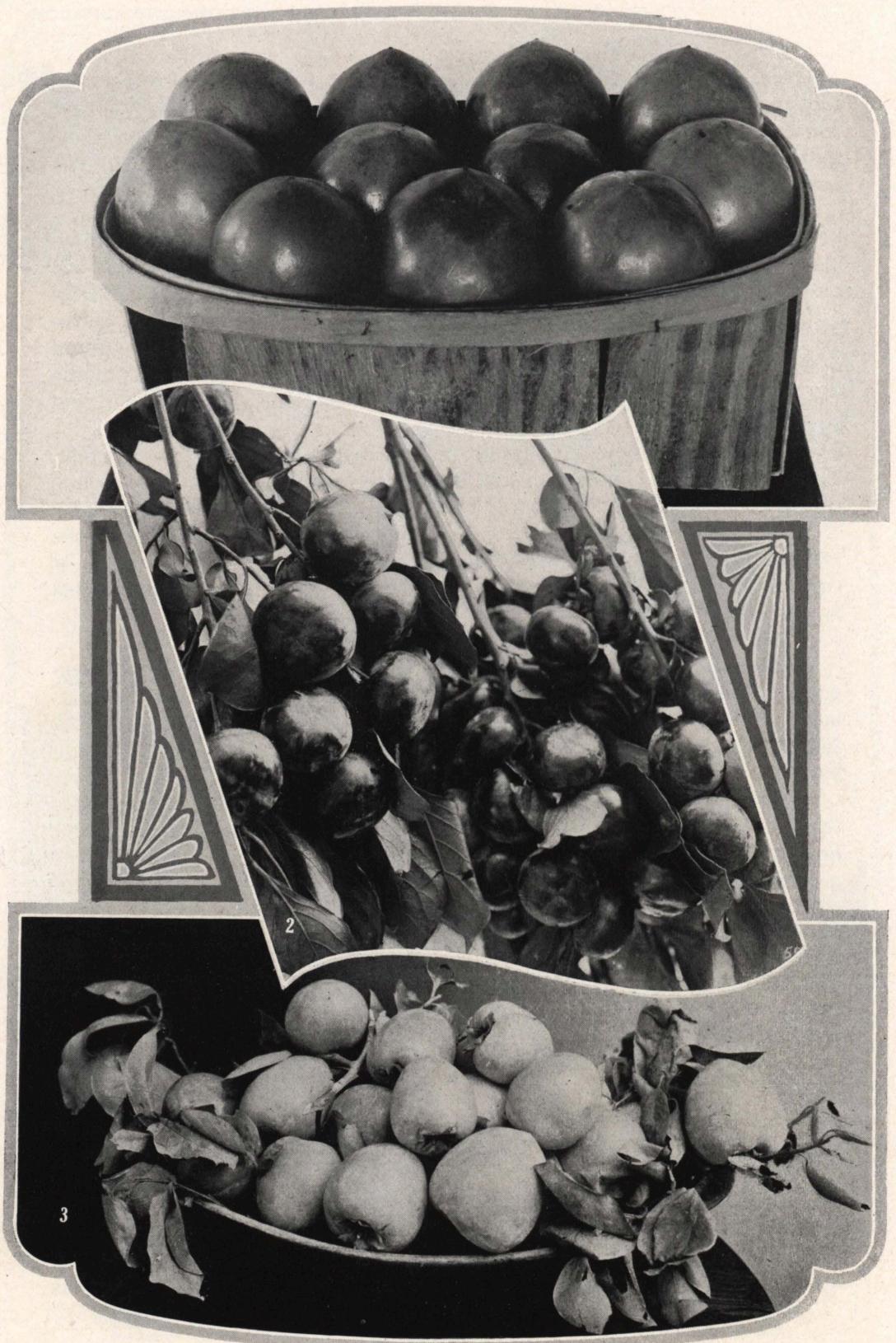
The chemical analysis of the roselle shows it to be very similar in composition to the cranberry. The most important difference is that the cranberry contains benzoic acid, while the roselle does not. A brilliant colored jelly and sauce, very similar in texture and flavor to those from the cranberry, are made from the roselle.

Throughout the regions where wild persimmons are found in abundance the fruit, generally speaking, is considered as being merely "good for dogs, hogs and 'possums." As a matter of fact, the only fruit which equals the persimmon in food value is the date, and as an ornamental the wild persimmon compares favorably with many of our accepted shade trees. F. L. Mulford, landscape gardener of the United States Department of Agriculture, says:

"The broad, glossy leaves on gracefully drooping branches give a dense shade from early in the spring until late autumn. In early summer the little wax-like flowers fill the air with a delicious fragrance which has been likened to that of the calla lily. When the fruit begins to mature, yellowish and golden clusters appear among the dark-green leaves and add to the beauty of the tree until they fall. Some of the later varieties are ornamental after the leaves have fallen and even until well into the winter."

John Smith and other writers of earlier days have spoken of the native persimmon as a "delicious little plum," and as a plum with the flavor of the apricot.

In Florida the principal use for the wild persimmon is primarily as a root stock on which to graft the Japanese persimmon. This persimmon has

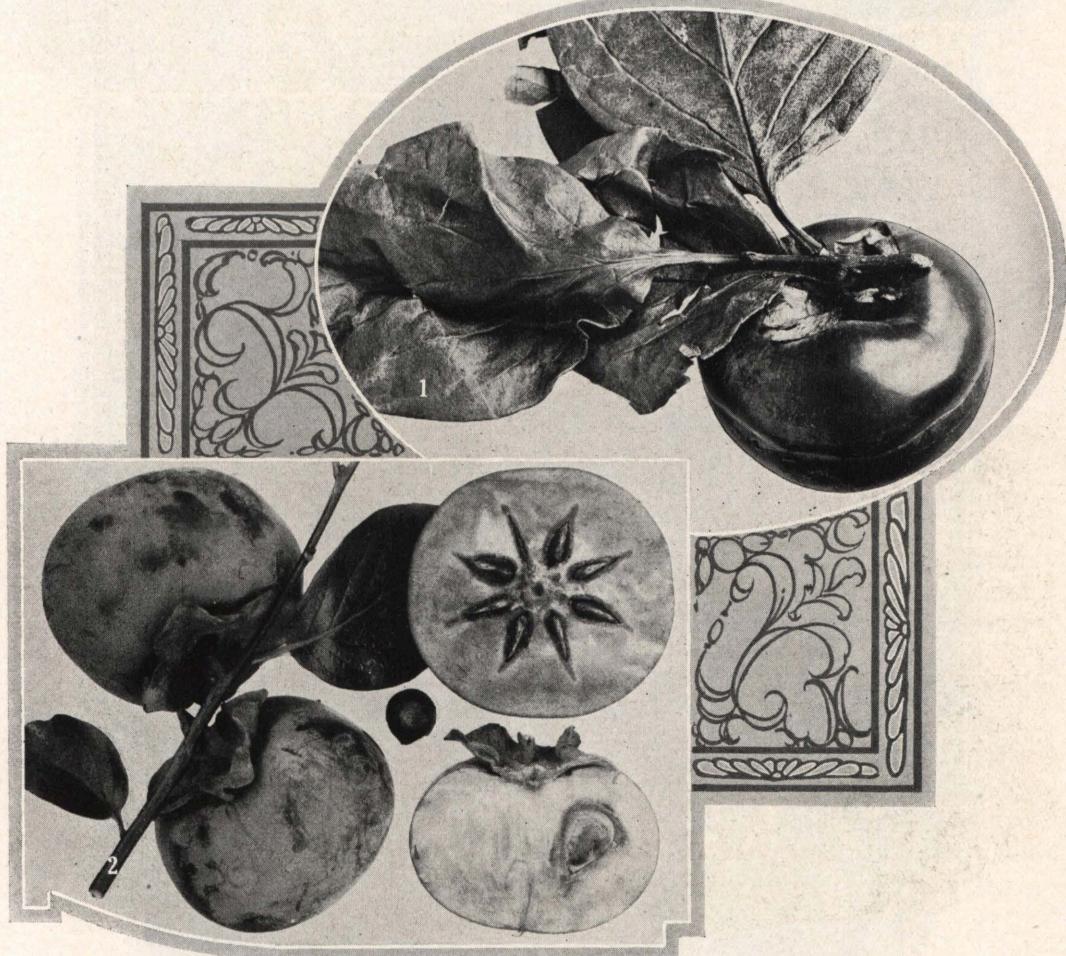


(1) Persimmons for the commercial market. (2) Ormond persimmons from Volusia County. (3) Basket of persimmons.

large, highly colored, luscious, practically seedless fruit, many varieties of which are non-astringent and can be eaten while still hard. Plantings in Florida of this lovely fruit, which is as common in Japan as the apple is in North America, and which is considered by the Japanese people as their best native pomological product, have doubled several times since 1920. The trees grow vigorously, bear early and have few enemies, and varieties may be selected so that fruit can be had for the table from August to December in practically every county in Florida.

The Japanese persimmon is most commonly eaten out of the hand though it is becoming popular and is most delicious served with cream and a slight amount of sugar as a breakfast dish, or as dessert. They are also liked served as a salad, with mayonnaise. One progressive drug store at Brooksville, Florida, serves persimmon a-la-mode, a beautiful, delicious and nutritious combination.

The splendid loquat is another native of Japan that may be found growing and fruiting all over middle and South Florida. It has been cultivated in Japan, we are told, since antiquity, and is at present one of their most important fruits. Because of its handsome foliage and its fragrant flowers, this economic ornamental is often planted in parks and gardens.



(1) *Diospyros kaki*. Tamopan persimmon. Photographed October 15, 1910. Showing odd characteristic construction around circumference. (2) Fuyu persimmon, a variety which is nonastringent even when underripe and of which the flesh does not darken in ripening. Introduced from Japan by the U. S. Department of Agriculture.



Banana. This plant is common everywhere, but is gloriously ornamental just the same. It is valued for its fruits in South Florida and as a decorative plant in the extreme north.

Its fruit, which is borne in loose clusters, is juicy and of a delightful, slightly acid flavor. It may be eaten fresh or may be utilized in many ways—canned, as a jelly, or as wonderful preserves. As a pie it fully equals the famous cherry.

Pomegranate trees and bushes are of graceful, willowy growth, valuable as an ornamental because of their foliage and their profusion of large, showy blossoms and attractive fruits. This old, yet new fruit can be converted into a drink more delicious and refreshing than the finest old wine. It grows especially fine in North Florida, yet few people at the present time appreciate the possibilities of the pomegranate as a beverage fruit. Already in California a high grade carbonated beverage is manufactured which sells readily on the market.

Man's first and best fruit—the fig—is more or less common and popular from Pensacola on the north to the Florida Keys on the south, but it is in North and Middle Florida where it is most abundant. All over this region, growing on well-kept estates, homesteads, and by the renter's cabin, may be seen the luxuriant and highly-prized door-yard or chicken-yard fig tree. Most of the trees, if conditions are at all favorable, are thrifty, large and broad-spreading, producing good crops every year.

Nothing is more deliciously palatable than a dish of fresh figs, served with cream and sugar. Many delicious products may be and are prepared from them—cakes, sandwiches, and puddings. They are jammed, canned, spiced and preserved. Fig preserves are a delicacy and sell at fancy prices.

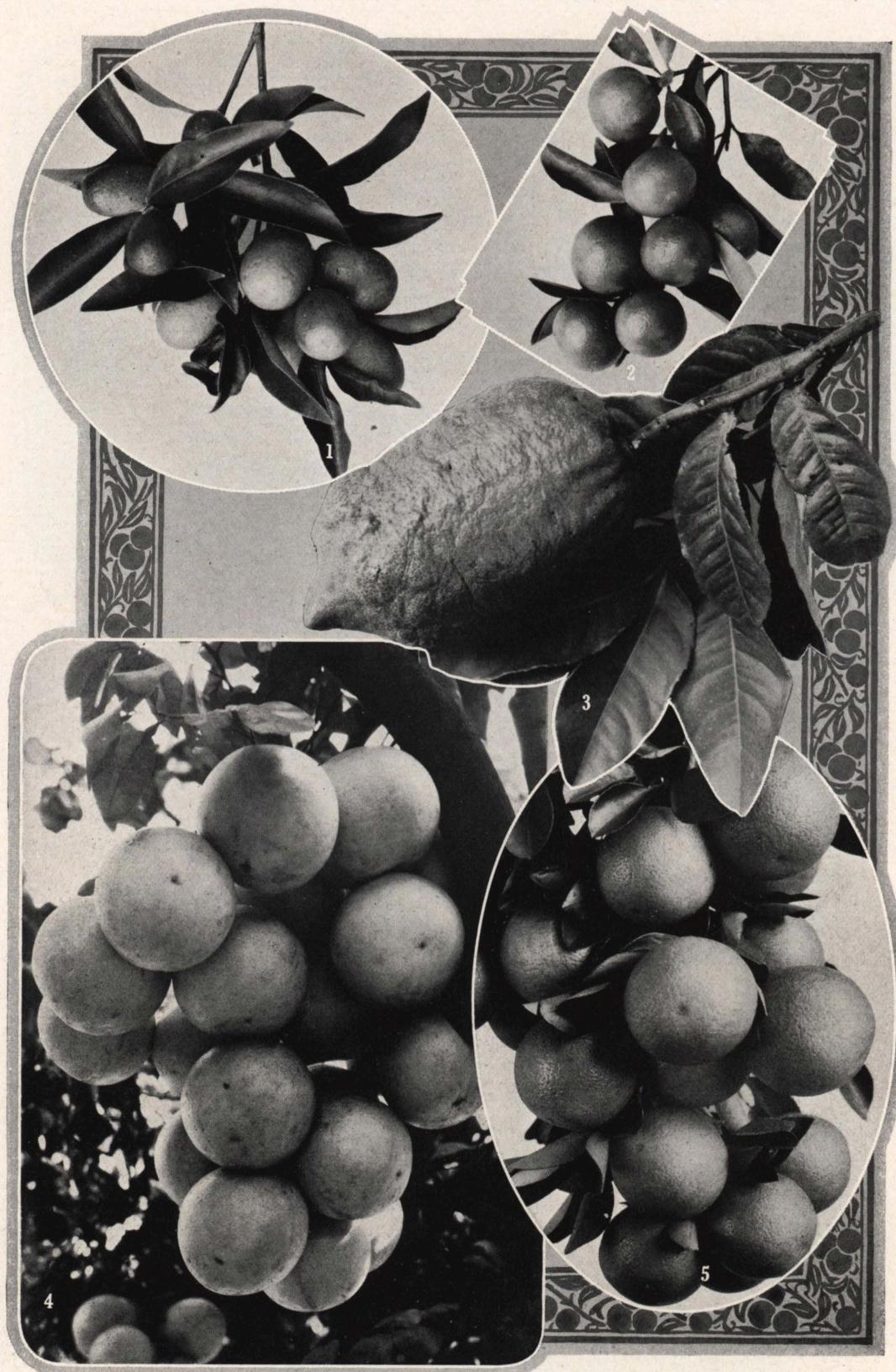
FRUITS FLORIDA HAS TO OFFER THE PRESERVE-MAKER

The banana, the pineapple, and the citrus fruits everybody knows. As a rule it does not require much coaxing of the palate to become fond of the persimmon, the papaya, and the loquat. We master the mango and the avocado, and in due course of time we even acquire a fondness for the guava and its versatile ways.

But the preservation side of these fruits is usually a "terra incognita," even to most Floridians themselves. A few of the members of the citrus family are made into jelly and marmalade, and guavas are made into jelly in South Florida on a considerable scale, and in North Florida some figs are preserved.

As a matter of fact, the fruits of Florida, especially those of South Florida, in their diversity of appearance, color, texture, quality, flavor and aroma present a fascinating subject for the preserve-maker, and one which is not sufficiently appreciated.

Canned mangoes and guavas are easily the equal of canned peaches, and many palates prefer them. Tamarind butter is equal to any butter in the same class from northern fruits, and superior to many; surinam jelly is so unique in flavor and so attractive in color as to be in a class all by itself, yet it is next to impossible to obtain either. Roselle jam and jelly are other products that are unsurpassed in flavor and of a marvelous color, yet few have tasted them. There is no fruit more easy to cultivate and there are few as productive.



(1) Kumquat. (2) Calamondin. (3) Citron. (4) Grapefruit, Polk County. (5) Oranges, Polk County.

Preserved ginger is a delicacy of unusual merit, still it is unknown in Florida, except as shipped in from the Orient. Equally good jelly, preserves, conserves, crushes, relishes, and crystallized fruit of many other varieties might be enumerated.

The members of the citrus family alone offer a large and wonderfully attractive assortment of fruits that combine into jellies, marmalades, preserves and crystallized products which are beautiful, toothsome and wholesome—kumquat, limequat, orangequat, tangelo, pink shaddock, and many other interesting forms. With the possible exception of the kumquat, however, but few of these are very well known to the consuming public. Grapefruit peel is being preserved and crystallized in increasingly large amounts, both in the home and in the commercial preserving plant.

But better far than all the newer generation together for the preserve-maker, is that member of the citrus family that was brought to Florida during the days of the early Spanish explorers, namely, the so-called Seville or sour orange. This fine Old World adventurer still furnishes the best root stock upon which to bud and graft; it is said that 75% of the world's output of citrus fruit is from trees of sour orange root stock. In addition to this, it is the only citrus fruit from which is manufactured the orange marmalade with such a "tang" and an after-taste as to make England and Scotland—from whence it comes—famous all over the globe. With sour oranges growing at our very doors, it is a sad pity that this delightful tonic, appetite and digestion-awakening marmalade is not served at breakfast in every Florida home.



A kumquat hedge at the home of Mrs. Ethel Swearingen, Eagle Lake, Polk County.

The kumquat is the smallest member of the citrus family, as well as being among the hardiest. Because of this latter characteristic, kumquats may be found growing also all over the northern section of Florida. Their dense branching habit of growth, dark green leaves, and golden yellow fruit make them objects of beauty in any shrubbery planting. Kumquats enjoy the distinction of being the only citrus fruit that is eaten whole. The skin is spicy and aromatic, and the pulp delightfully acid. They make excellent preserves, marmalades, jellies, and are an ideal fruit for crystallizing.

Of the lime group may be named several varieties of much interest and value to the preserve-maker. Of these, the limequats, originated in the Citrus Experiment Station in Lake County, are, as the name indicates, a cross between the lime and the kumquat. These limes work into delightfully "lemony" marmalades and preserves. Another beautiful ornamental, also a member of the lime group, bearing a small, tangerine-like acid fruit of fine quality, is the calamondin. It is very hardy, too, ranking with the satsuma and the kumquat in this respect. There is also the so-called Rangpur lime, well-flavored and of a deep orange color. These may all be used in the same way as lemons in the making of limeade and for seasoning food; in fact, many think they are better than the lemon.

But of all the lemons found in Florida—and there are many—the one that most delights the preserve-maker is the Ponderosa, advertised by northern nurserymen for pot culture. They resemble a grapefruit in size and color, and the whole fruit, with its thick, clean-cut, lemon-flavored peel, cooks beautifully clear and translucent under the skilful hands of the woman with the ladle.

There is a world-wide demand for high-grade citrus products, for guava jellies and preserves, for fig products, greater by far than the supply. Yet citrus fruits are sent to the dump in appalling quantities in our citrus belt. Tons of guavas waste along the roadside of Southern Florida, and many luscious figs never find a worker in North and West Florida. In tropical Florida a finer fruit, dietically speaking, than the apple of the North, having food value at all stages of growth, the mango, is never seen on the shelves of a grocery store, and seldom even in the pantry of the housewife, though the fruit lends itself admirably to the making of most delicious jellies, jams, preserves, conserves, chutneys and pickles.

Magnificent opportunities exist for women in the State of Florida in establishing and developing self-sustaining industries that would make Florida famous for its canning of preserves, marmalades, confections and sea-foods. Many women and girls in Florida have already made splendid utilization of these fruits.

STATEMENT OF MRS. W. T. RICHARDSON

Mrs. W. T. Richardson of Tallahassee tells an interesting story of the growth of a remunerative business, handled as a side line in her home kitchen:

"Conserving nature's food products has always interested me. At the productive seasons when luscious fruits, nuts and vegetables abound to



(1) Roberta Shepherd, Montverde Club, packing Florida Gift Packages for sale. (2) Olive Lent, a Lake County Canning Club girl with a record. (3) Sarah Ellen Coyle, a 15-year-old club girl of Polk County, whose jelly received first prize at the South Florida Fair, in competition with the girls and women all over the state. (4) Mrs. W. T. Richardson packing "Florida Goodies." The gallon tins at left contain preserved fruits put up in a heavy syrup in season. By so doing, a high-grade, fine keeping product is insured.

such an extent that, regardless of the great consuming power of man and other animals, quantities of them must return to Mother Earth who produced them, I have always felt that mothers of children should lay hold of the surplus and prepare it for future nourishment of the family.

"When Florida Home Demonstration Department secured on its staff a Conservation and Marketing Specialist, I first became interested in conservation for market. Crystallization of Florida fruit was my idea. To build a permanent market I realized that I must standardize my products. A period of experimentation followed—different methods with different fruits. How to prevent the 'weep' in damp weather, the drying out in dry weather? Three years' practice on my part has given me a product that will stand up well under all conditions and remain first-class. Of course, there is a time limit to the freshness of crystallized products.

"Being a resident of North Florida, I chose first the fruits of that section. Of figs I had an abundance preserved for family use; watermelon rind was everywhere; grapefruit peel was free in large institutions. Fresh kumquats and canned pineapple were later purchased in wholesale lots and added for variety. Now that my plans are definite, I preserve the figs and watermelon rinds in summer seasons, the grapefruit in March and April (the peel is at its best at this time), the kumquats in February (the abundant season). Recently I have added nuts, and of course I specialize in the North Florida pecan purchased at wholesale price from a local producer.

"Attractive packing was studied during this period. At first I was able to secure pretty little tin boxes decorated with suitable designs. Later there was difficulty and delay. Then I decided upon a plain cardboard oval-shaped box with my own trade mark, 'Florida Goodies,' printed across the top in leaf green. A small label bearing weight and other necessary information goes inside. Both one-pound and two-and-a-half-pound boxes are used. These boxes and labels are made 'special' and are secured in lots of five hundred at a cost of 19 cents per box.

"The standardization of my products and of my package has made a permanent market. The best product in an attractive package needs only one introduction. One dollar and twenty-five cents per pound is the price advised for this goods by the Home Demonstration Department. I use that price. The gift shops, the State and South Florida Fairs, the local markets, must supply a great stream of tourists every year with gifts to send 'back home.' My little package of 'Florida Goodies' has helped to fill the bill. It is standardization which has brought a large per cent of continued orders.

"In one year, November 15th to January 1st, my receipts were \$250, and in the one month of December, 1925, I made sales amounting to \$150. Being employed regularly in secretarial work, I give only odd hours to this proposition. The profit is well worthwhile. The experience has taught me what I can do when I want to enter commercial life, and it has opened up to me many possibilities in this land of fruit. With the figs and nuts of North Florida and the guavas, oranges, grapefruit and kumquats of South Florida, and with the ready market Florida women have for gift packages, there is a good business for those who are willing to standardize. Business



(1) Mrs. R. G. Shepherd of Montverde, in her outdoor canning kitchen, where she does all her canning, and she does a vast amount of it. Lake County. (2-3) Mrs. D. O. Henry, Live Oak, Suwannee County, and her well-stocked and most attractive pantry. (4) Mrs. Delaware L. Kraemer, a Lake County conservation enthusiast, and samples of her canning.

management is necessary. Supplies must be purchased with good judgment; skill and patience in preparation of products are required, and by-products must be used. This last item is being cared for in the preparation of a Home Demonstration Gift Package made up of the small jars of fig preserves, fig conserve, and salted nuts. Broken figs and nuts left over from the crystallization process may be utilized in the conserve; grapefruit pulp may be turned into jelly. Even containers may be produced from Florida material. Wire grass or long-leaf pine needles may be made into appropriate baskets for these gift products."

Volusia County's Home Demonstration Agent, Miss Cole, tells an interesting story about crystallized fruit as follows:

"Perhaps the most outstanding demonstrator of the week has been Mrs. John Martin of Orange City. On Friday she reported 85 whole crystallized grapefruit (these were filled) sold at \$1.25 each, besides 15 pounds of assorted crystallized fruits. She expects to spend all day Saturday in crystallizing, filling special orders. Mrs. Martin also reports that her fig cuttings, secured at the Home Bureau last February, are bearing fruit. Four dozen boxes of assorted crystallized fruits were also sold this week at \$1.25 each. One of our members has the year's contract to supply the crystallized fruit for a local candy store. Women like these make it seem worthwhile to have covered the county with citrus products schools last year, two days in each community."

Roberta Shepherd, Lake County club girl, who has been successful in preparing and marketing gift boxes, says:

"I bought 24 gift boxes last winter (1925) from Miss Marie Cox, our Home Demonstration Agent. I did not have to pay for any of my fruit, except a few kumquats. I got grapefruit that was dropped for most of my preserves. These were dead ripe and the peel from them is especially rich and well-flavored. The juice that I used for the guava jelly, mother and I had canned during the summer season. That is what Miss Cox teaches us to do—can jelly stock in season and then make it into jelly as it is needed. She says you have a much clearer jelly and better flavored. Guava jelly, kumquat 'spread,' and the light-colored grapefruit preserves packed with two pretty red kumquats, all in 4-ounce containers, make up what is called the South Florida gift package.

"I kept a record of the amount of sugar used, but as mother gave it to me to help me along, I was not careful enough to keep the record and lost it. I paid Miss Cox 12 cents each for the gift boxes. I do not think I used more than \$2 worth of sugar.

"I sold some of my boxes at home, some in a cafe here, and some in a store in Minneola.

"I am going to make more of them this year and have them on sale before Christmas. I earned part of the money for things that I needed to go to the home demonstration club girls' Short Course at Tallahassee last summer, and I am going to earn more this year, as I want to go again."



Keene Home Demonstration Club—Demonstration, canning and smoking fish. Pinellas County.

Of Roberta's work with the gift package, Miss Cox has this to say:

"When it was made known that there were boxes and containers ready for home demonstration workers to use in making a gift package to put on the market, there were many interested calls from the women, but Roberta was the only girl who asked to be allowed to work upon this project.

"Her products were well worthy of the 4-H label, and she cleared \$17 on them. Although her community does not afford very favorable marketing conditions, she managed to work up a market and is now ready for a new supply to make up even more than she did last season."

Ida Smith, another winner in the State-wide Health Contest, is also a conservation enthusiast. Living, as she does, in Manatee County, where citrus fruits, guavas, mangoes, and other interesting tropical and subtropical fruits are abundant, she has made herself skilful in the ways of preserving them. In fact, she now has in her "Go-to-College Fund" \$184 that she made from the sale of guava jelly, preserves and crystallized fruits.

INTRODUCING FLORIDA FRUITS TO FLORIDA FOLKS

Many States, the State of Florida included, are flooded with soft drinks masquerading under misleading labels. By far the majority of them are concocted of various chemicals, made up to have flavors distantly resembling fruit juices, artificially colored, and some containing habit-forming drugs. These synthetic drinks have none of the virtues of the refreshing, healthful fruit drinks which they strive to imitate, and even if not actually poisonous, they are neither very digestible nor very good, and they undoubtedly affect the health just to the extent that they are taken.

A great many food errors do not always show up their effects immediately, nor even the next day, nor the next, but it is just as possible for these errors to store up trouble for a later day as it is to lay up money for a rainy one.

The discovery of the existence of those little things which are called vitamins (the word vitamin means "life preserver"—it means even more; it means essential to life) was the work of several scientists, but they were christened by that warning name by a celebrated scientist by the name of Funk. Scientists have agreed that Funk did not overestimate their importance when he called them by that name. It was time we were finding out something about them, for the health of the American people was and is undoubtedly suffering from the fact that they were not and are not being utilized in the diet as Mother Nature, herself a pretty good scientist, provides.

The Florida homemaker, throughout the year, finds the home demonstration forces all over the state constantly working towards the creation of an adequate conception of the importance of the vitamin content of the foods she serves in relation to the physical welfare of her family.

In the light of newer nutrition citrus fruits are found crammed with wonders and blest with benevolence toward the human family, stimulating the appetite, helping in the digestion of other foods, cleansing the body of

clogging accumulations, providing the vitamins that are acknowledged to be indispensable in maintaining health, furnishing minerals of high dietetic value in a form easily assimilated, as well as helping to preserve the normal alkalinity of the blood and other internal secretions.

Of the citrus fruits, oranges especially, according to present-day research, should be kept within the reach of children. Any child that cannot get an orange a day is being robbed of his birthright, and in Florida certainly, where this forefender of health and repairer of disease grows at its best, the pantry in which they are not to be found in abundance is not a pantry at all, but a branch office of the undertaker.

Instead of coal tar dyes, synthetic flavors, and chemical preservatives, let us substitute the golden fruit juices that Florida can so abundantly supply.

ALL-FLORIDA SODA FOUNTAIN

A so-called All-Florida Soda Fountain was held as a demonstration at Farmers' Week at the University of Florida for the purpose of calling attention to and emphasizing this need for a greater appreciation of Florida's fruit products. An account of the demonstration in the Official Record reads:

"Everybody drinks. It is a habit we acquire early. Because we must drink, we might as well drink the best," proclaimed a poster at Florida's



(1) An avenue of coconut palms, Ft. Myers, Florida. (2) *Carissa*, showing heavy crop of fruit. Photograph taken by Peter Bissett in Mrs. Hayden's grove at Coconut Grove, Florida, July 14, 1911.
Ideal hedge plant for South Florida.



In 1921 Miss Margaret Cobb's exhibit at the South Florida Fair consisted of about 200 containers—125 varieties. In 1926 her exhibit attracted the attention of all who passed. It consisted of about 500 beautiful containers of 396 varieties of canned fruits, vegetables, meats, fish and fowl, preserves, marmalades, jams, jellies, syrups, fruit juices, vinegars, and crystallized fruits. Manatee County took the blue ribbon for the third time on canned products. (Miss Cobb was and is Home Demonstration Agent for this county.)

recent Farmers' Week, adding, 'A delicious drink of golden goodness—Orange Juice.'

"Citrus fruits are good for all varieties of spring fever," averred another poster, which continued, 'Have you that lackadaisical, listless, don't-care-a-hang, inappetent, inattentive, ambitionless, unconcerned, indifferent, insouciant feeling? Are you afflicted with an inclination to 'let George do it?' In other words, have you 'that tired feeling?' If you are not a very strong-minded person, 'that tired feeling' will drive you to the nearest drug store for a bottle of diluted alcohol economically medicated and labeled 'tonic', when all you need is a Holmes Highball served at All-Florida Soda Fountain.' " (Meaning Satsumade.)

"The All-Florida Soda Fountain was a demonstration held Friday afternoon of that week under the supervision of the Conservation Specialist and the Home Demonstration Agents of the Florida Extension staff. It resulted from concern because Florida homes, as well as hotels and other places, were failing to make use of Florida products to the extent which the character, quality and supply of these products merit. The possibility was suggested that this might be because of lack of acquaintance with the local products and of ways to prepare them. 'Why not plan a demonstration directed at this problem and present it at Farmers' Week, to which people come from all parts of the State?' asked the Conservation Specialist.

"After a tentative plan was sketched a letter was sent to each of the home demonstration agents, outlining what was contemplated and asking that as many counties as possible cooperate in the demonstration. A number of counties responded promptly, agreeing to supply a sufficient quantity of the county's specialty to serve those in attendance at the proposed demonstration. From this beginning the undertaking advanced rapidly.

"Visitors to Farmers' Week found "From Florida Farms to Florida Homes" scheduled for Friday afternoon. Posters illustrated in color and printed with great care gave them curiosity-provoking suggestions of what was in store for them, the two quoted above and others equally stimulating inviting attendance at the "All-Florida Soda Fountain."

"When Friday afternoon came, the soda fountain opened to dispense its interesting concoctions, all made from Florida products. Included in the list were guava ice cream, avocado ice cream, grape sherbet, "Pride of Pinellas" punch, "rose julep," "Duval foundation" (using elderberry juice), orange smash, "Volusia Venture" (with roselle juice as a base), "Perry peach panada," "Palm Beach coconut dulcie," "mango malted milk mix-up," a grapefruit sherbet called "Gleason's Cheer-up," "lime cooler," and other typically Floridian products; sweet potato bread, nut bread, and sandwiches were also served.

"A farm woman or the Home Demonstration Agent from each county represented served the specialty which had been standardized by her county and told how it was prepared. A capacity audience attended, enjoyed the touches of humor, the social intercourse and delicious food, and took home with them a new impression of the range and character of the fruits of their own state and ways of preparing them."



(1) Clearwater Community Kitchen. (2) Members of Curlew Home Demonstration Club in community kitchen, Pinellas County.

DOES HOME CANNING PAY?

The question very naturally arises, in a State that offers an all-the-year-around fruit and vegetable program—why can?

Those who attended the garden program held Farmers' Week at the University of Florida in August, 1926, heard the question answered in no uncertain terms by Mrs. R. G. Shepherd of Montverde, Lake County, and we herewith reproduce her convincing talk. Mrs. Shepherd, it seems pertinent to mention, has as a team-mate her daughter, Roberta, written of elsewhere in this bulletin as scoring second in the State Health Contest.

"Fellow Homemakers:

"Coming here to this University brings to my mind memories of my own school days, and I recall some words of a dear old professor at Ohio Northern University. He said something like this: 'Young folks, whatever calling you engage in in life, consider it the greatest business on earth.'

"How well I've lived up to that admonition, I shall not attempt to say, but I'm glad to be just what I am—a homemaker. I know what it means to do the work of a home. I was brought up on a poor hillside farm in southern Ohio, without one single one of the modern conveniences now so easily obtainable. I know what it means to work until every muscle in my body cries out in protest, but do you think for one minute that I'd change places with a thrill-hunting society idler? No! A thousand times—no. I have a contemptuous pity for the woman who goes about with the corners of her mouth drawn down, continually whining about the monotony and drudgery of housework. I'd rather rise early and feast my soul on the lovely tints of the skies at sunrise and the shining path of gold made through the trees as the King of the Day arises, than to lie in bed up into the day in a vain attempt to rest from some worse-than-empty social function that had stolen from me the proper time for sleep.

"I realize, of course, that providing for the temporal or bodily needs of a home is only a part of homemaking, but it is an important part, and if you wish to see just how important, read the thirty-first chapter of Proverbs and note how God esteems the women who 'looketh well to the ways of her household,' 'eateth not the bread of idleness,' 'worketh willingly with her hands,' etc.

"But to consider our subject, 'Does Home Canning Pay?' We are prone to consider that things pay or do not pay only in dollars and cents, so let us dispose of this first. I haven't done a great amount of figuring from this standpoint, but can give a few figures.

"Last summer farmers refused to have corn canned because they could get 50 cents per dozen for it after hauling it 26 miles to market. Now, I'm sure that three No. 2 cans of corn could be gotten from a dozen ears of such corn as sold for that price. This corn, carefully put up, is as good as the kind we pay 30 cents per can for in the grocery, so when canned a dozen ears of corn have a retail value of 90 cents. Deducting 12 cents for cans we have 78 cents left. Surely the cost of marketing this corn would equal



(1) Tomatoes and cucumbers growing in the garden of Louise and Edna Harrell of Oak Grove. (2) Garden of Mrs. John Barrington of Dowling Park, Suwannee County. Mrs. Barrington sells vegetables and chickens regularly in Dowling Park every Wednesday and Saturday, the store taking her produce. She says she averages \$10 per week. Mrs. Barrington is a member of the New Harmony Club, August, 1926. (3) A farm garden at Cassia, Lake County, where 10 varieties of vegetables were growing at the time this picture was made, October 25, 1926. (4) Peas and pole butter beans from Mrs. George Umstead's garden. (5) Yulee Smith, Route B, Live Oak, Florida. One-half acre of butter beans, from which she cleared \$46.00. (6) Squash, collards and pole butter beans from Mrs. Bertha Umstead's garden. (7) Collards grown in the garden of Mrs. Ed Thompson of New Harmony. (8) Onions grown in the garden of Miss Stella Williams of Suwannee Station.

the salt, fuel, etc., needed to can it, and the labor would certainly equal the labor required to can it in the modern way.

"A man brought us 12 hampers of beans that he had vainly tried to sell. We canned 150 No. 3 cans from them. These cans easily retail at 30 cents per can, making the retail value of these beans when canned \$45. Deducting \$7.50 for cans (which is the price in round numbers, including the cost of transportation), we have a net price of almost \$3.30 per hamper for those beans. How much of the time do farmers, especially in the central and northern parts of the state, average that much for beans? Tomatoes and other things will figure out as satisfactorily, I am sure.

"Home canning pays because it helps to eliminate the enormous yearly waste of good foodstuffs in Florida. I cannot by any process of reasoning arrive at the conclusion that it is cheaper to let multiplied bushels of fine tomatoes, beans, etc., rot in the fields and then buy these same vegetables canned and shipped from Maine, Illinois, Ohio, and other states hundreds of miles away.

"Home canning pays because we can have a better product than the large commercial canneries produce, since they are interested in turning out as many cans as possible, instead of putting as much as possible into the cans. A can of home-packed tomatoes, for instance, will weigh from four to eight ounces more than the average can packed at the factory.

"Home canning pays because it helps us instil habits of thrift in our children. I don't want my girls to be wasters, mere parasites in the home, and later in homes of their own. Do you?

"Home canning pays because it gives us a greater variety of food on our tables, especially in the homes in modest circumstances, and in those not convenient to city markets. I've seen people sell all of a crop that was salable, and often get barely enough to pay for the hampers the products were put in and the transportation, then let all the rest go to waste in the field, without putting up a single can for home use. Then they used grits and other dry stuff, with possibly some cans of fruit and vegetables purchased from the stores, and not paid for, in most cases, with proceeds from their crops. A lady once said to me in a lazy tone, 'What's the use of canning string beans in Florida, when we have them fresh here in the central part of the state from three to four months in the year, and other vegetables accordingly?'

"Someone has said that one of the basic principles of economy, not stinginess, is making use of the things we have at hand and in their season, so let us use our good fruits and vegetables, eat all of them that we can while they are fresh, then save money, time and labor by filling some cans to give us a wholesome and pleasing variety of food on our tables. If I were a farmer's wife, I would most certainly can some choice meat each year. With the ordinary size of steam pressure cooker, one can cook enough meat and can it for from eight to fourteen meals in the time it takes to cook enough for one meal by the open-kettle method. Then what a relief to know that there is something at hand which can be quickly and easily



Grapes being picked for shipping by the carload to Northern markets, from Montverde Vineyards, Lake County.

prepared for the unexpected guest or on the days when you may not feel well, or that even the man of the house can prepare and serve, if necessary.

"I'm afraid we fail to realize just how important a factor well-cooked and attractively served food is in making the ideal home life. Our boys and girls usually begin going to some place to eat, and thus place themselves in the way of temptation to go to places where we do not want them to go. If our children know that an attractive meal is always to be had at home, with a cordial welcome for their friends and no frowns or scolding if the guest is unexpected, surely it will help in keeping them from paths of danger.

"Is anything too much effort that will help us have a real home in these days when so many homes are only sleeping places and short-order restaurants with meals at all hours?

"Let us be progressive and intelligent in our canning. Let the steam pressure cooker save time and fuel and make our canned products safe. Let the tin can, sealed with the sealing machine, save time and preserve the color, flavor and shape of our fruits and vegetables.

"Let us teach our children to can, that they may not only have the knowledge for future use, but earn something each year for themselves.

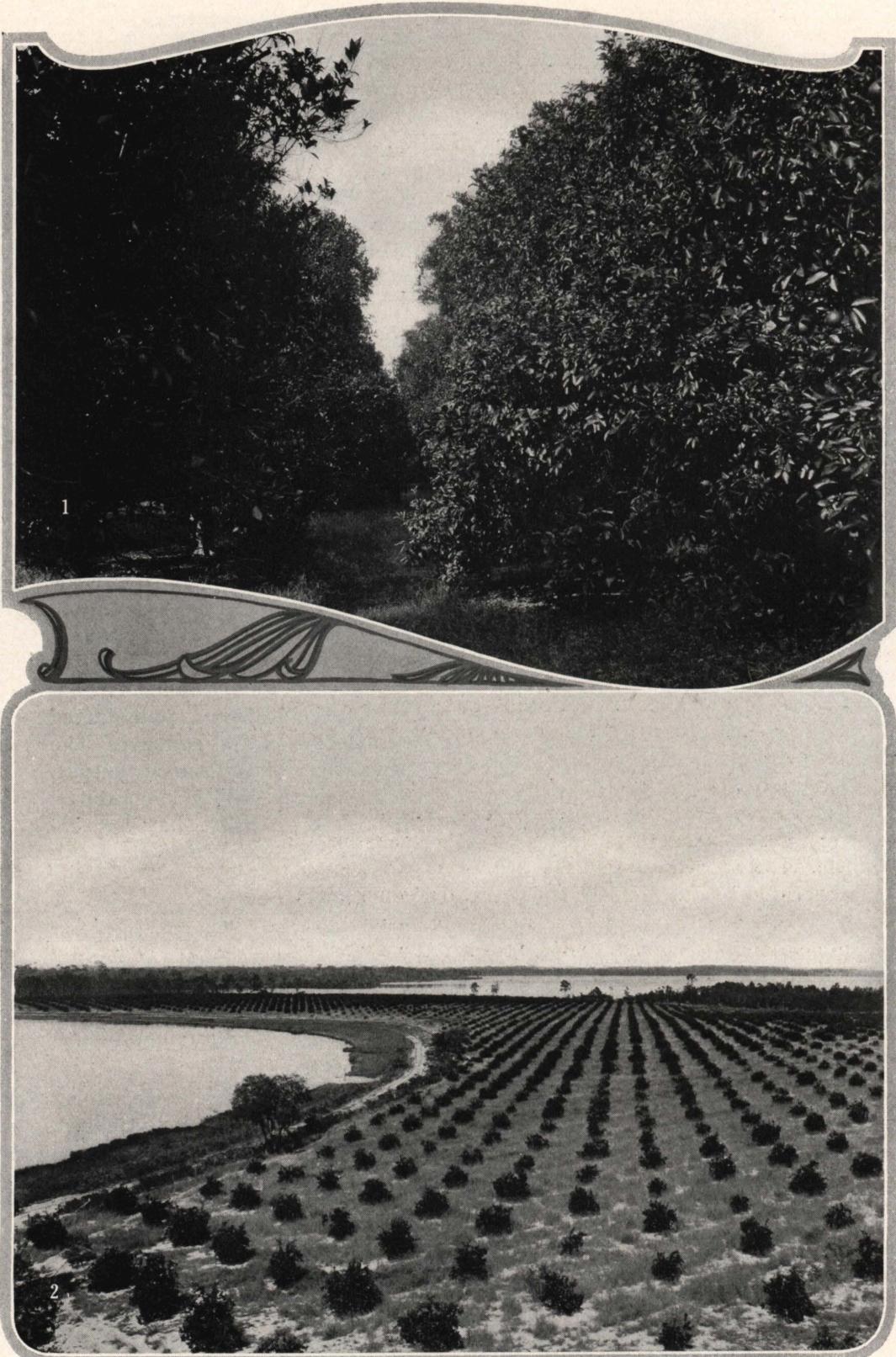
"Let us can all that we can, the very best things that we can, and in the very best way that we can.

"Three years ago two ladies, neighbors of mine, and I decided to try some canning in tin cans. We purchased a small hot water canner, second-hand, took over some packer cans from the Montverde School, and started to can. We canned tomatoes, corn, and a few peaches that summer. The next year we purchased a home can sealer and greatly increased our output. We also took over a National Steam Pressure canner having two retorts, that had been owned and used by the Montverde School. That year we added string beans to our list of products, and succeeded in producing a very good quality of canned beans.

"The next year we canned something more than 1,400 cans of beans, No. 2, No. 3, and No. 10 cans being used. We canned a large quantity of tomatoes and corn and quite a good many peaches that summer also. We learned that the very young beans are not the best sort to can, as they do not have such a good flavor as beans that are better developed.

"Crops were short in our section this past summer, so we have filled only 2,400 cans, 800 No. 3 and 1,600 No. 2.

"We have canned tomatoes, corn, peas, both field and English, string beans, navy beans, tomatoes and okra, corn and tomatoes, Swiss chard, peaches, pears, figs, huckleberries, grape juice and marmalade, guavas,



(1) View in seedling orange grove—29 years old. Dr. R. L. McMullen. (2) Citrus grove, Polk County.

guava juice, jelly and marmalade, and a small quantity of grapefruit hearts.

"We have found it necessary at times to employ some help. This we pay for in canned products.

"We have, in addition to the sealer and canner above mentioned, a long homemade table, which we use to put our cans on for packing and sealing, and a dilver."

The following is the canning experience of Mrs. Delaware L. Kraemer:

"Five years ago I moved from a large city in the Middle West to an orange grove in Lake County, Florida. I had everything to learn over. I was considered an expert on canning, but all former conceit was taken out of me when I found so much fruit and vegetables to be canned.

"So I canned by wholesale, but lost the same way. Fig preserve, guavas, pears, and berries were canned in large quantities and the house was full of the odor of spoiled fruit. I became so disgusted that I decided I would never can another jar. When with all my experience and care with canning by methods used a lifetime, no success whatever was attained, I knew something was wrong somewhere, so I quit.

"With all kinds of fruit and vegetables decaying and wasting everywhere around me, I was yet unable to take care of them! I was almost unhappy, even when every other condition seemed so perfect to me in Florida.

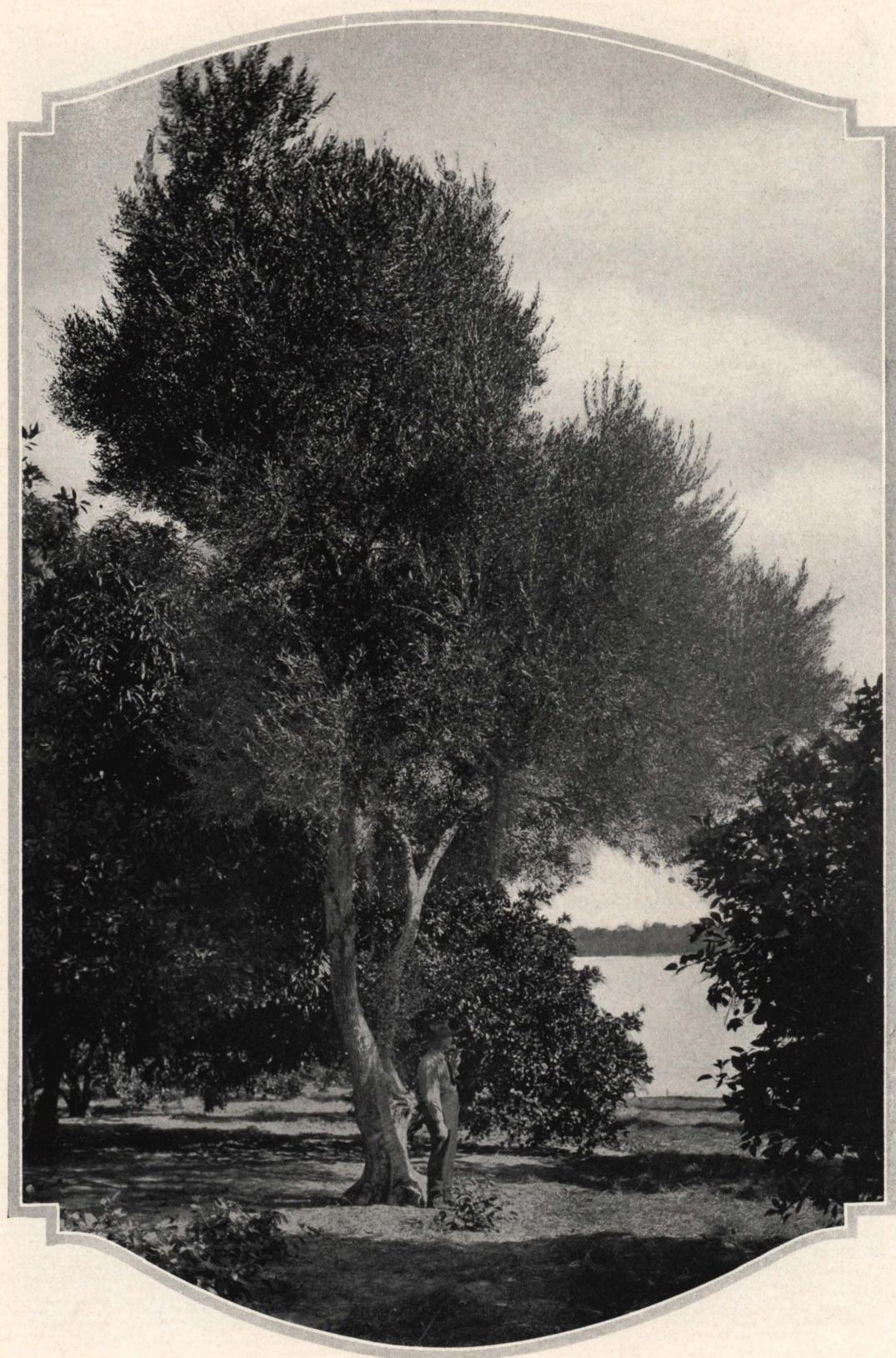
"Then I heard of home demonstration work among women on farms and groves, and upon inquiry found that instruction was given free. I learned that we had an agent in our county, and that she would help us if we desired it. We soon organized a club among our women and got the help we most needed.

"I begged to know if there was a proved way to can successfully in Florida, and canning in Florida then became to me not only possible but a very great pleasure. I learned that it was the difference in climate that caused my trouble, and this was easily remedied by using the methods advocated by the Home Demonstration Department.

"Since last year I have canned more than 300 quarts of fruits and vegetables, and have made jellies, butters, conserves, preserves and juices, and with the use of the steam pressure cooker I have also canned beef, chicken, and soup stock.

"Being of an experimental nature, I attempted to do something that most people consider unnecessary—the canning of orange juice. On our grove, as on every other grove, there were good oranges that were considered culls. By culls we mean over-sized, under-sized, blemished or otherwise imperfect fruit. All good fruit but not just what can be used for a standard, commercial pack. These were the oranges that I attempted to save.

"I put up 15 quarts as a test, and we were greatly pleased when it turned out to be most delicious and wholesome. My family has enjoyed this juice so much this summer (1926) on the warm days when we have no fresh fruit, and they want me to put up a barrel of it next winter.



Olive tree at Frostproof—a bearing tree—not grown commercially. Polk County.

"Since this method of conserving the orange juice proving such a success, I'll explain how I did it.

"I used a lemon squeezer to extract the juice, then, without straining, I filled the jars with the raw, cold juice, then processed twenty minutes at simmering temperature. When serving, I add an equal amount of water and sweeten to taste.

"By having my pantry shelves filled with wholesome food grown and canned by myself, I find living in the country much to be preferred to living in the city. In fact, my canning experience is one of the things that has taught me this.

"Canning methods in Florida are different, but not more difficult than others, and they are more satisfactory. I am canning everything I ever canned before, and many new things besides, and was never so happy in this type of work as I am now."

Mrs. D. O. Henry, who lives in the wide-awake town of Live Oak, in Suwannee County, also finds profit and pleasure in canning:

"In this land of fruit and vegetables and year-round garden climate it would seem, on first thought, that canning is unnecessary work. Fresh fruits and vegetables have a food value, probably, that canned products do not, and I believe every farm family should have something growing all year. However, we do know that there are times when the garden fails, when the products we want and need are not there. Then the problem of supply must be solved by the pantry or the market.

"Two objections stare the housekeeper in the face when she goes to market—high prices and lack of variety. Everyone who has been willing to try knows that while the farm family has a garden and fruit grove, it is less expensive to can the surplus than it is to buy first-class goods. Then, too, from our own place we can save at least a little of almost everything—choice articles rarely found in the small market, our own particular fruits and vegetables of special flavor and texture. Now that we are beginning to develop so many of our native products, it certainly behooves us to utilize them in every way.

"To me the canning season is a joy. Just to be able to bring in from your own place peaches, mayhaws, tomatoes, squash, pimentoes, dill, pears, grapes, figs and plums at the various seasons and other products as they mature, brings a feeling of deep satisfaction and keen joy in living. My home kitchen is then a laboratory. The water kettle 'boils to beat the band;' the fruits and vegetables in their containers going through different processes at various stages are most wonderful experiments, and as for me, I feel like a miracle-worker bringing to pass all these beautiful results.

"My pantry is my next thrill. Rows and rows, first of the plain canning—plain as to process but gorgeous as to colors and choice of packing and appearance. Then come jams, jellies, preserves, pickles, relishes, sauces—everything to make everything else good. The jars are classified and labeled. I can put my hand on the one I want any time. When I open the door and give women a peep inside they lose their breath in the 'ohs' and

'ahs' that escape their lips. Then I know it is all a real joy to 'can your own.'

"When our family comes to the table and someone says 'Where did it come from?' 'I didn't know we had this,' or 'Doesn't it just hit the spot?' then I know again it is quite worthwhile. When the gift season approaches and I know I have just the right gift for the good friend around the corner and the assurance that she will get no duplication, my little jar of 'goodies' is packed and sent with a joy that is Christmas, the Christmas spirit personified."

Mrs. M. H. Kirkpatrick of the Keene Home Demonstration Club, Pinellas County, tells of her experience in canning for home use as well as for market. Her story is as follows:

"Ever since I have kept house, I have canned quite a number of jars of fruit and some vegetables. These were used to supplement the products from our garden and the grove, and it has always seemed most worthwhile.

"For several years a few women of our community had wanted a club organized at Keene so that we could learn what other women were doing. Our new agent had not been in the county very long before she became interested in us. Early in April she sent word for every one interested in organizing a club to meet her at the Keene school house the following Friday. We met and organized our little club with Mrs. I. C. Nelson as our first president. The home demonstration agent always met with us, teaching us new things, showing us our mistakes and always encouraging us to can such things as we had.

"Now, each year besides canning about a hundred quart jars of guavas, all surplus tomatoes, beans and peas, making about a hundred glasses of jelly, preserves and marmalades from citrus fruits for home consumption, I also sell from \$25 to \$50 worth of guava jelly and a little crystallized grapefruit peel.

"In the fall of 1924 money was unusually scarce and I could see no way to pay my taxes. So I went to work. Soon I opened a little account with a local bank fed solely from money made on my canned goods.

"My most popular products were guava jelly, kumquat preserves and orange marmalade.

"During the holidays I sold a gift package consisting of five two-ounce containers—two guava jelly, two roselle jelly and one kumquat jelly. These I packed in a square Christmas box and sold for \$1.

"When the time came to pay my taxes I had banked \$150 above all expenses.

"This was done as a side line along with all of my other home cares and keeping five children in school. I could not have done it but for the proper inspiration which I received at our home demonstration club."

Miss Barker, Home Demonstration Agent in Suwannee County, gives the canning experience of a club member who lives far from town.

Miss Barker says:

"When the home demonstration work was first begun in the county, Bessie Sperning joined the club. It was then that her family did their first canning. As time went on they began to put up more than they needed, and friends, knowing of their excellent products, were interested in buying them. They have put up several hundred cans of peas, tomatoes, string beans and butter beans every year to sell. A ready market for them is found in Live Oak.

"Mrs. Sperning's family and several others in this community now do a great deal of their canning cooperatively. They meet on certain days and put up their different products; in this way they feel that it is not a burden to any one, for many willing hands make work easier and more joyous.

"This last year, Mrs. Sperning says, she sold enough to pay for her sealer and the cans used. But the main thing they wanted was to have an abundance of vegetables and fruit for family use all the year around."

From Fannie Pilkenton, one of our Marion County Club girls, we have this story:

"Canning and sewing were my first interests in club work. Each year I completed the required sewing and exhibited it at the county contest. My work in canning began with a few jars of vegetables and fruits. I became more and more interested in taking the different vegetables and 'making them keep.' Florida fruits, with their beautiful colors and many varieties, are almost like a picture book when nicely packed into clear glass jars.

"Because I was so interested in the plan of canning fruits and vegetables, I soon tried my hand with jelly, preserves and pickles. Finally I chose ten of my best jars and sent them to the Marion County Fair at Ocala. Imagine how happy I was when I found that my exhibit had won for me a trip to the State Short Course at the Florida State College for Women. Of course, the next year I tried again, and this time I won another scholarship and some cash prizes.

"By this time I wanted to learn to grow some of the vegetables and fruits I had been working with, so I started a garden in partnership with another club member. We had to clear the ground and put it in shape for planting. We did all the work ourselves. Lettuce, romaine, onions, beans, tomatoes and peppers were our crop. The yield was good and we were able to supply lots of vegetables for the table.

"This was my first experience in planting and growing things and I think the garden is worth all the work and trouble. There is fun in working with it, and there is a real joy in knowing that you are helping to furnish some of the foods that make healthy children and adults. Just knowing how makes me happy, and I can always use what I have learned.

"Besides all I have told, there is the money I've made. It is one hundred dollars—seventy-five dollars on canning and twenty-five dollars on the garden."



Rear of Community House, Clearwater. Mrs. Shaw and Pinellas County canning team standing under the banyan tree where dinners are often spread and served to the families of the members of the Community Club.

TWO EFFICIENT COMMUNITY KITCHENS OF PINELLAS COUNTY

Miss Helen Kennedy gives the history of one as follows:

"Organizing with 30 charter members, officers of Clearwater Community Canning Club were elected and work has been continued until the present time. The kitchen is most ideally located near the Clearwater Community House in the picturesque City Park, overlooking beautiful Clearwater Bay. It was first started as a temporary emergency kitchen to care for the surplus tomatoes from the trucking fields of Pinellas County. Many gallons of green tomato soy and other relishes, French pickles, green tomato mince meat (substituting coconut for suet and kumquats for apples), both green and ripe tomato preserves, soup mixture and chili sauce were made and many quarts of tomatoes canned.

"Mangoes, pineapples, guavas, and other products of the fields and groves appeared in due season and in turn were made into splendid products for the home pantries. Thus the kitchen, though starting as an emergency measure, became a permanent institution. Then the work of equipping the kitchen and rendering it as up-to-date and convenient as possible began. White paint was used generously on the interior and shelves, work tables and gas plates were added. Today it is a sight worth seeing; shelves filled with jars of fruit and showcases containing crystallized fruit are most attractive.

"The club gained in popularity quickly. In 1924 considerable impetus was gained through welcoming of tourist members. Heretofore these visitors had only been allowed to look in and smell the 'goodies,' but now they are allowed to learn to make with their own hands all kinds of citrus marmalades and jellies, and to crystallize. Classes were conducted mornings, afternoons and even at night. The forty members of the organization gave generously of their time, devoting one day a week to the instruction of the enthusiastic out-of-the-state workers.

"An outstanding friend of all these classes is Mrs. Charles Shaw, the matron of the Community House, who, besides her numerous duties, gives generously of her time to the classes. Mrs. Shaw is an expert preserver and has been an invaluable officer and member of the club.

"This year the records show that 600 pounds of crystallized fruits, including kumquats, grapefruit, oranges, Ponderosa lemons and pink shad-dock, were made and sold. Patrons for these sweets are the visitors frequenting the City Park. On the days when tournaments are held on the bowling lawns and hundreds of visitors throng the park, the women reap large profits from their sales.

"Banner days include the annual picnic dinner in April, to which all members and their husbands are invited. The dinner is spread on tables under the wide-spreading branches of the historic banyan tree. The menu includes largely the products of the Community Kitchen.

"The Women's Club of Clearwater uses the kitchen during its annual carnival. Sunday School Classes are welcome to make use of the convenient room. Big State Day affairs in the park also find the kitchen available."

Mrs. W. L. Sutton of Sutherland tells how the women of her community have worked together and through prize money earned at local and State Fairs, finally achieved in the summer of 1926 their community kitchen.

A picture of this new building is featured elsewhere. This little kitchen is located on the well-kept grounds of the Curlew Public School. Plans are made for the addition of a pergola, which will soon be covered with flowering vines.

Mrs. Sutton's story reads:

"Many of our women canned fruits and vegetables for home use, but not to exhibit at fairs. In the summer of 1922 five of us decided to exhibit at our County Fair. We had 87 containers, and much to our gratification won first prize on our club exhibit.

"This following year we had no Home Demonstration Agent, but the women were so interested they kept their work in the general exhibit of the Woman's Building, winning first and second prizes.

"In 1924 we decided to organize a real home demonstration club and had ten members. We met at the homes of the different members at first, until Mrs. R. L. Cullen offered us her kitchen as a regular meeting place. This was accepted and the meetings were held in her home since that time.

"About this time the men grew interested, and a community exhibit was entered in the County Fair. This won second prize of \$25.00 offered by the County Commissioners. So we had our start as well as gaining many new ideas. We bought a steam pressure cooker and planned for a community kitchen.

"In 1925 we had a good working club and put up another community exhibit, but our booth was only about half big enough. We borrowed a hundred dollars, and the men gave their time and built us a permanent booth (if we don't outgrow it). In this we exhibited 250 containers of canned products, besides fruits, vegetables and flowers of many varieties, winning first community prize of \$50, first citrus fruit prize of \$10, first on canned products \$10, and tied with another club on vegetables, \$7.50.

"The County Commissioners always give \$25, so we had enough money to pay for our booth. We then entered with the other communities a county exhibit in the South Florida Fair, where our county won second prize and Curlew got \$112 of this.

"Surely now we could start our community kitchen. Our school trustee took the responsibility for us and the men gave their work. The County Commissioners gave \$250 and with the balance of our prize money we have a nice kitchen almost finished and partly equipped. We planned to give a kitchen shower and get the small ware. We have just bought a nice four-burner oil stove, and we have our steam pressure cooker bought two years ago.

"The past two years we have sent girls to the State College for Women for the Short Course and a delegate to Farmers' Week at the University of Florida."

Miss Pansy Norton, Home Demonstration Agent of Dade County, tells of interesting results following a demonstration on crystallizing fruit. Miss Norton says:

"A number of calls came in from Redlands Home Demonstration Club for a demonstration on crystallizing citrus fruits. Due to heavy work I decided it would be much quicker and give better results to give the work to a small group of women and let them in turn teach the rest. It was decided to hold the demonstration at the home of Mrs. H. C. Camp, in Homestead. Fifteen women attended the demonstration. Every woman crystallized a whole grapefruit. As a result of this demonstration eight of these women made crystallized products and sold them at Christmas time. Mrs. Camp herself made an especially fine product and sold over 75 pounds of crystallized fruit between this demonstration in November and January 1st. She won first honors at the Dade County Fair on the products.

"These women who learned to follow instructions on improved methods have made the other women in that community realize what constitutes a quality product.

"Mrs. Cena Stewart was another club member who did not know how to crystallize before demonstration. Two weeks from the day of the demonstration I happened to stop in her home and found she had filled her table and shelves, and it seemed to me everything available in the kitchen with an order for 100 whole crystallized grapefruit. She sold these shells from 75 cents to \$1 each. This was just the beginning of many other similar orders. Mrs. Stewart made a wonderful success of her roadside market."

Of this market, Miss Norton further says:

"Mrs. Stewart first started her market on her front porch. I encouraged her to sell and specialize in tropical products. First, in tropical candies, then in a tropical fruit punch. Then she added coconuts and all kinds of citrus fruits.

"This grew so that last winter she had to add several more helpers. She finally built a very good looking shop separate from her house. In the front part she sold her products; in the rear she made her candies. She tells me she cannot supply orders enough. During the Fruit Festival at Homestead she supplied the Home Demonstration Booth with 125 one-pound boxes of tropical candy. Every box was sold and on each one we made a quarter for the Home Demonstration Council, besides making a fair profit for her as well as advertising her product."

Another good marketing item comes from Hillsborough County and is as follows:

"This week at club meetings each member told the amount of her check from the Home Demonstration Shoppe for the previous week: \$38 at Sulphur Springs, \$13 at Limona and \$26.50 at Jackson Heights, making a total of \$77.50, which went to these three counties for products which the women made and sold through the Exchange. This is just for three of the twenty communities that are represented in the Exchange."

Mrs. F. S. Ballentine of Lee County tells the story of the Fort Myers Curb Market as follows:

"Because of marketing conditions prevailing in country districts, attempts had been made at least three times to start markets in Ft. Myers, but they existed only from one to three weeks. Then in 1921 our present Home Demonstration Council was organized and among the first plans undertaken was the establishment of a curb market. A committee visited many of the merchants and told them of the project, as that had been one of the reasons for the failure of the previous attempts. Their suggestions were asked as to a place for the market, and at the same time we asked their support of the project. The merchants felt they had not had fair play. These things take time. The City Commissioners had no place to suggest, though they were heartily in accord with the idea. We visited various citizens with vacant lots in the business district, but none thought their lots advisable. We finally went to the County Commissioners, who allowed us to hold the market on the side of the Court House grounds.

"The first week four wagons of produce were brought in and at one time 80 people were counted around those wagons. The market lasted only two hours, and those four wagons were sold out. The second week, January 14th, there were 14 wagons and among the things for sale were fresh beef, pork, chickens, eggs, all kinds of vegetables and even such novelties as bamboo vases. These, too, were sold out by 11 o'clock.

"Soon the size of the market demanded that there be some way of



Grapes in Duval County.

marking off the space that one man might occupy, and it was done by the City Manager. About five weeks after our first market the city placed tables along the curb for the use of the market people, also trash containers, and volunteered to take the litter away each week.

"The market men started coming earlier, and instead of arriving at 9 o'clock as they did in the beginning and leaving at 11 o'clock, our market now started around 7 o'clock and is over often by 9:30; there is seldom anything left for the late comer.

"Various trades were built up from the very beginning. One man specialized in bamboo vases, palm bread boards and other homemade native novelties. A young girl made candies and preserves. Several women sold cakes and pies and other homemade baked goods. These women are always to be found on the market and the customers wait for them, or order ahead what they will need for the coming week-end. Dressed chickens are a specialty now with two women, and there is always an abundance of fresh vegetables.

"As to the returns from the market, it is very hard to get any of them to keep an account. One man did for a time, and reported \$400 profit in 12 markets. He brought much fruit, vegetables, novelties and also sold his neighbor's things for him. One of the women who sells cakes, etc., many times took in \$40.00 in a morning from the things she baked on Friday. Her baked goods are well worth buying.



J. W. Law, Wellborn, Suwannee County, a successful strawberry grower. Strawberries grow well in all sections of Florida.

"We had troubles, too, in 'running' our market. Some of them were amusing but some looked serious for a time. One fellow tried to bring to the market culls from his packing house and sell them for the same price that others wanted for their first-class goods. This we stopped by just staying near and informing the buyers that he was selling 'culls' and that they were not worth the price. He was a mad man! The idea had been to have the prices on the curb market a half-way mark between the price usually paid to the trucker in the stores and the price for which the produce was sold to the public by those same stores. We had complaints about the prices being too high and in cases found it to be really high, a suggestion about it being usually all that was needed to regulate that. We sometimes went around to the stores and got prices the day before so that some of us knew what the market men should ask. For a while they got to depend on us for this, but later did it themselves. Scraps arose as to whom should have the one or two shady places, but 'first come, first served' answered that.

"The market being held on county property, we never made any charge for space. The city furnished the tables and garbage tins and carried them away, so there is not a bit of expense attached to it. Whatever a man or woman makes is hers or his. The market is held in the open and not once since its beginning in January, 1922, has there been a week that some wagons have not been on the curb, even in summer. There have been times when there were as many as 30 wagons at one time, and many, many times the original 80 purchasers.

"Before the first market was held a lot of work was done over the county by the Home Demonstration Agent and a few of the Home Bureau Women to work up some enthusiasm among the farmers.

"They were certainly doubtful of the outcome and were afraid of wasting their produce, for we wanted them to bring the best. The women of the town were talked to by the Home Demonstration Agent, and also by the Women's Club and the Civic Club. All of it helped, but they were all skeptical of what they would be able to buy. The market has been a revelation to them and to all of the winter tourists. These visitors never tire of going to the market. They get such good fruit and see so much that is raised here that they never even read about and can see no other way. Many tropical fruits and vegetables are brought here that are not sold in the stores, such as chayote, dasheen, plantain, etc. Fresh flowers are always for sale, and with the home-prepared food it is a treat, even to the visitors stopping at the hotels.

"Many people call the market one of the greatest attractions of our city. It is to a housewife. It is a benefit to both the consumer and the grower. We feel that it is established, since it has now prospered for five years."

HOME POULTRY

By ELOISE McGRIFF,
Acting District Home Demonstration Agent.

Home Demonstration Agents first gave their attention to home poultry work as a definite phase of home demonstration work in 1916 when Miss Minnie Floyd was appointed as poultry agent on the State Home Demonstration staff. She served as leader of this project for seven years.

At the time Miss Floyd was appointed as poultry club agent the farm flocks were managed almost entirely by the women. There were very few commercial flocks and the farm woman's problem of trying to make the small amount of money received for eggs serve as means of meeting the ever-increasing demands upon the family purse a serious one, so she was most eager to learn how to manage the farm flock to increase this income.

In 1924 Mr. H. B. Lansden was appointed as state extension poultry specialist with headquarters in the offices of the Agricultural Extension Division, Experiment Station, University of Florida.

For the past two years Mr. N. R. Mehrhof, the present state extension poultry specialist, has served as leader of the state poultry work conducted under the supervision of extension workers.

The fact that during 1926 1,314 women and 1,718 girls and boys carried definite poultry demonstrations under the supervision of Home Demonstration Agents and the poultry specialist shows that there is a growing interest in the care and production of home poultry. Home Demonstration Agents assist in standardizing the flocks, securing plans for poultry houses, culling for egg production, incubation, feeding, care of baby chicks and marketing poultry products.

Some idea as to the profits received from home poultry flocks may be obtained from the following statement taken from individual stories submitted by N. R. Mehrhof:

Poultry can be made a paying business as a side issue on the farm if properly managed. This is brought out in the report sent in by Mrs. J. D. Hood, Jay, Florida, who is now leading in the Farm Flock Class of the First Florida Home Egg-Laying Contest which has been running for ten months.

Mrs. Hood has a flock of S. C. White Leghorns, number about 140 pullets and hens (40% of the birds being pullets). She also kept 14 male birds which were used in the breeding pen in the spring.

The mortality in the laying flock was less than 3% for the ten months.

Mrs. Hood was able to use feed produced on the farm as her report showed. She used corn and surplus milk from her dairy, purchasing only some oyster shell. The birds had free range with an abundance of green feed.

Her report shows that she did not charge anything for the milk she gave the chickens. The butter sold from her cows paid for this.

The monthly egg production per bird was as follows: November, 5.93; December, 10.36; January, 12.28; February, 20.87; March, 28.75; April, 24.35; May, 21.73; June, 20.74; July, 17.99; August, 13.62. This means a total of 176.62 eggs per bird for ten months.

The total feed bill, exclusive of the milk, amounted to \$117.53. The eggs sold amounted to a total of 1,796 dozen, with an average price per dozen of 27.9 cents, making the amount received from the sale of eggs \$502.16. Also returns of \$22.84 were obtained from fowls sold. Total receipts amounted to \$525.50.

These figures show a profit of \$407.97 above feed costs, exclusive of milk, for ten months. If the milk was figured in the feed bill it would amount to \$144.48 for 1,806 gallons at 8 cents a gallon. This would make a profit above feed then of \$263.49, or \$1.88 profit per bird for ten months.

The above figures do not include \$85.00 worth of new equipment and 2,600 eggs set.

Other women in different sections of Florida also find poultry a paying proposition.

CLUB GIRL FINDS POULTRY PLEASANT AND PROFITABLE

Poultry-raising can be made a profitable business, according to the reports sent in by Laura Case, a poultry club girl who lives at Pine Castle, in Orange County.

This young poultry enthusiast entered the first Florida Home Egg-Laying Contest last November with a flock of 14 Barred Plymouth Rock pullets. She also had on her place two cockerels which she used during the breeding season to produce hatching eggs.

Her reports indicate that she has studied her birds and managed them very successfully. The monthly egg production per bird is as follows: November, 8.14; December, 8.86; January, 11.64; February, 16.64; March, 23.57; April, 20.46; May, 18.00; June, 15.07; July, 15.85; August, 15.92. This means that the average egg production per bird for the first ten months has been 154.15 eggs. If the pullets keep on producing in this manner, they ought to go over 175 eggs per bird for the year. It is indeed a very good egg production.

There was no mortality in her laying birds during the 10 months' period.

She obtained an average of 53½ cents for each dozen eggs sold or a total of \$80.70. The feed bill amounted to \$39.69. This shows a profit of \$41.01 for the eggs above feed costs. Also during the spring she sold a total of 31 chickens (including fryers and pullets) and averaged 34½ cents a pound, making the total receipts from the sale of meat \$38.67.

During the early spring she hatched about 100 chicks and was very successful in raising them. The mortality was about the average. She now she has 59 pullets and cockerels.

INVENTORY OF LAURA CASE'S POULTRY FLOCK

November 1, 1925:

14 Barred Plymouth Rock pullets @ \$2.00.....	\$ 28.00
2 Barred Plymouth cockerels @ \$5.00.....	10.00
Total	\$ 38.00

September 1, 1926:

13 Barred Plymouth Rock Pullets @ \$1.50.....	\$ 19.50
2 Barred Plymouth Rock cockerels @ \$5.00.....	10.00
59 Barred Plymouth Rock April hatched cockerels @ \$2.00.....	118.00
Total	\$147.50
Increase in inventory of stock for 10 months.....	109.50

FINANCIAL RETURNS

Receipts from sale of products:

Eggs—156 dozen @ 53½	\$ 80.70
Fryers and pullets—31 @ 34½	38.67
Total	\$119.37

Expenses:

Feed	\$ 36.69
Profit above feed for 10 months.....	79.68



(1) Determining the points of a good layer. (2) Bertie Leah Edge of Okaloosa County, and her prize-winning flock of White Leghorns. (3) A club girl receiving poultry instruction from her home demonstration agent.

A TEN MONTHS' RECORD

Poultry can be made a paying enterprise, according to the report sent in by M. N. Shonda of Jacksonville, Duval County, who started last November with 650 S. C. White Leghorn pullets of the Tancred strain. His reports show that he kept a strict account of feed costs, labor, and miscellaneous expenses, also on egg production and revenue from sale of eggs.

Mortality in his flock was exceedingly low, being approximately 3%.

This flock of pullets produced an average of 186.42 eggs per bird for the first 10 months. The average monthly egg production per bird was as follows: November, 13.94; December, 15.19; January, 16.50; February, 19.04; March, 23.03; April, 23.69; May, 22.09; June, 19.43; July, 17.48; August, 16.03.

The entire flock produced 9,670 dozen eggs, which were sold at 42c per dozen, bringing in \$3,941.34. Also 130 birds were sold for meat purposes, which brought in \$120.10. This means that the total receipts amounted to \$4,061.44.

The total cost of feed was \$1,169.95; labor, \$399.00, and miscellaneous expenses, \$24.00. The total expenses amounted to \$1,592.95.

It cost an average of 17.2 cents to produce a dozen eggs.

The average food consumption per bird for 10 months has been 64½ pounds of feed (including mash, scratch, buttermilk and shell).

FINANCIAL RETURNS

Receipts:		
Eggs—9,670 dozen	\$3,941.34
Chickens—130	120.10
Total	\$4,061.44
Expenses:		
Feed	\$1,169.95
Labor	399.00
Miscellaneous	24.00
Total	\$1,592.95
Profit:	\$2,468.49.	

Figuring the profit per bird for the 10 months' period it would amount to \$3.79.

